

Patellar Femoral Pain Syndrome Rehabilitation Exercises

Straight Leg Raise – Starting Position

Lay on the ground with your affected leg straight. The other leg will be bent. Be sure to rotate your leg outward slightly to gain a better activation of the medial (inner) side of the quadriceps.



Straight Leg Raise – Leg Laterally Rotated

Raise your leg parallel to the bent leg. Don't arch your back. Keep your abdominals engaged. Another variation is to perform this with your toes straight into the air. You could also add an ankle weight to increase the difficulty level.

Perform 2 sets of 15 repetitions on each leg once a day.



Bridge Exercise – Starting Position

Lay on your back with your knees bent to prepare for the bridge exercise.



Bridge Exercise with Straight Leg Raise

Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, extend your leg. Hold for 3-5 seconds, then return the leg to the ground and repeat with the opposite leg. Return your buttocks to the ground and rest when you can no longer keep your pelvis from wobbling or your buttocks from dropping downward.

Perform 2 sets of 10 repetitions on each leg once a day.



Bridge Exercise with an Exercise Band Around Your Knees

Place an exercise band around your thighs above your knees. Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, return back down to the ground. Don't let your pelvis wobble as you move up and down. Hold your knees 4-6 inches apart.

Perform 2 sets of 10 repetitions once a day.



Clamshell for External Hip Rotation

Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your knees. Slowly raise your knee upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your knee lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



Clamshell for Internal Hip Rotation

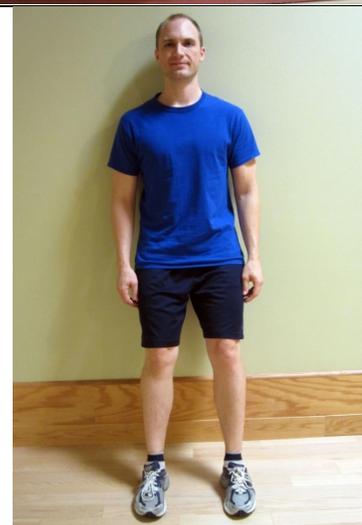
Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your ankles. Slowly raise your foot upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your ankle lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



Wall Squat – Starting Position

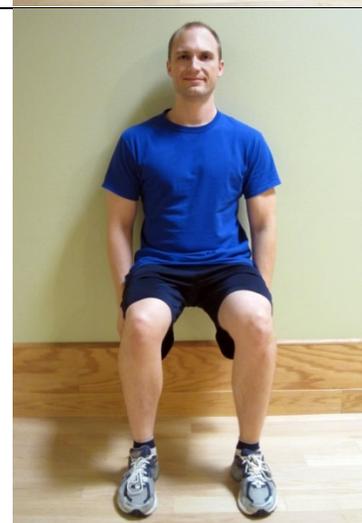
Stand with your pelvis, back, and head touching a wall. Your feet will be approximately hip width apart and far enough out from the wall. When you slide down, your knees will make a 90 degree angle. Make sure your knees track your feet, and you can see your toes. Try to have the knee track toward your second toe to insure proper alignment of the knees.



Wall Squat

From your starting position, slowly lower your body down and hold for time. As you improve, lengthen the amount of time you hold the wall squat. Be sure to keep your pelvis, back, and head against the wall. Keep the movement pain free.

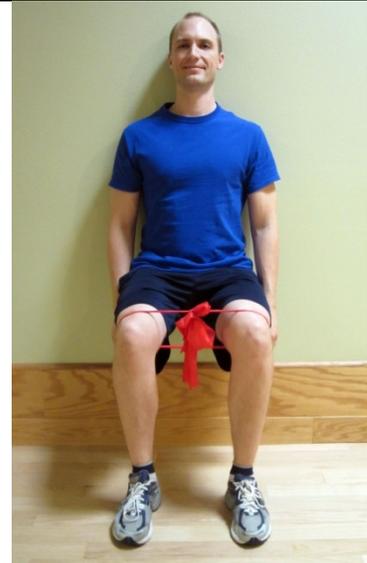
Perform 3 sets of 15-20 seconds holds once a day.



Wall Squat with an Exercise Band

Place an exercise band around your thighs above your knees. It will help to increase the activation of the hip muscles. From your starting position, slowly lower your body down and hold for time. As you improve, lengthen the amount of time you hold the wall squat. Be sure to keep your pelvis, back, and head against the wall. Keep the movement pain free.

Perform 2 sets of 15-20 repetitions once a day.



Side Stepping with an Exercise Band

Tie the exercise band above your knees. Move into a slight squat position. Try to side step while keeping your feet facing forward. Move slowly, and try to keep your head at the same level.

Walk sideways for 20-30 feet. Return back again, but don't turn around.

Perform 2-3 sets once per day.

