

Prepared for: _____

Prepared by: _____

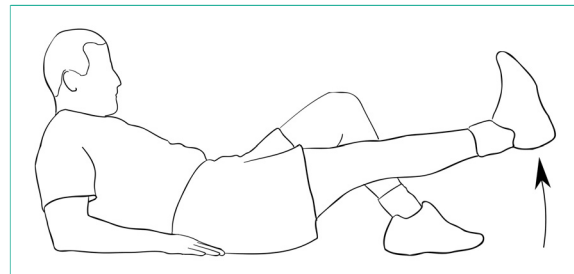
Home Exercise Program for Patellar/Quadriceps Tendinitis

- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas just below the kneecap after completing all the exercises.
- If the pain continues or gets worse, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Straight-leg raises	Quadriceps	10 repetitions/3 sets	Daily	3 to 4
Knee flexion	Hamstrings	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	4 to 5	3 to 4
Prone quadriceps stretch	Quadriceps	4 repetitions/2 to 3 sets	5 to 6	3 to 4

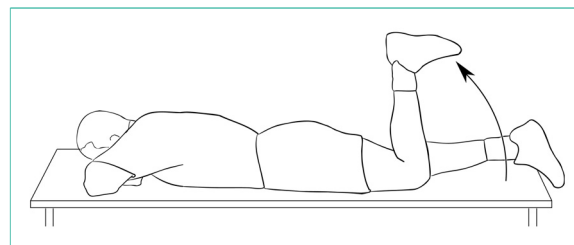
Straight-Leg Raises

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions daily, continuing for 3 to 4 weeks.



Knee Flexion

- Lie face down on a flat surface with your legs together.
- Slowly flex the affected knee (bend it up toward your buttocks) as far as possible without pain and then lower it. To add resistance, use rubber tubing while doing the exercise.
- Perform 3 sets of 25 repetitions, progressing to 3 sets of 45 repetitions.
- Perform the exercise 4 to 5 days a week, continuing for 3 to 4 weeks.



Prone Quadriceps Stretch

- Lie face down on a flat surface with your arms at your sides and your legs straight.
- Bend the affected knee and grasp the ankle with your hand (or use a towel or rubber tubing).
- Keeping your thigh flat on the surface, pull gently and hold for 30 seconds; then relax for 30 seconds.
- Perform 2 to 3 sets of 4 repetitions 5 to 6 days a week, continuing for 3 to 4 weeks.

