

Prepared for: _____

Prepared by: _____

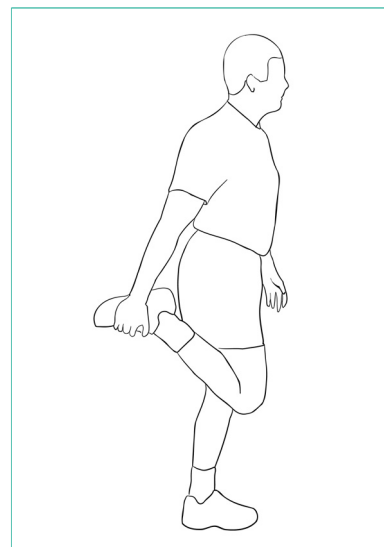
Home Exercise Program for Patellofemoral Pain

- Perform the exercises in the order listed. Gentle quadriceps and hamstring stretches should be performed first.
- To prevent inflammation, apply a bag of crushed ice or frozen peas along the sides of the kneecap for 20 minutes or until numb after completing the exercises.
- If the pain worsens or does not improve, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Standing quadriceps stretch	Quadriceps	Hold for 30 to 60 seconds/2 to 3 sets	4 to 5	3 to 4
Supine hamstring stretch	Hamstrings	Hold for 30 to 60 seconds/2 to 3 sets	4 to 5	3 to 4
Hamstring curls	Hamstrings	15 repetitions/3 sets, progressing to 25 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises (prone)	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4

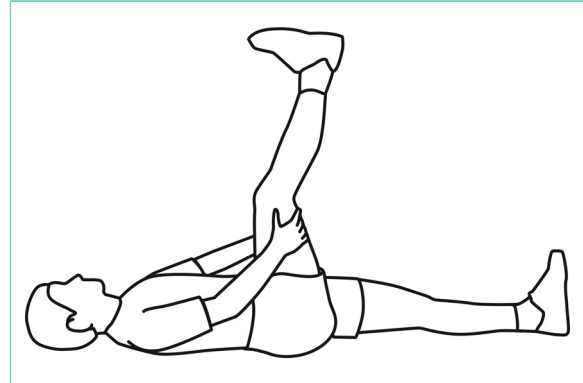
Standing Quadriceps Stretch

- Stand supported.
- Bend your knee up toward your buttock and grasp your ankle.
- Pull up gently and hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.
- Perform 2 to 3 sets, 4 to 5 days a week, continuing for 3 to 4 weeks.



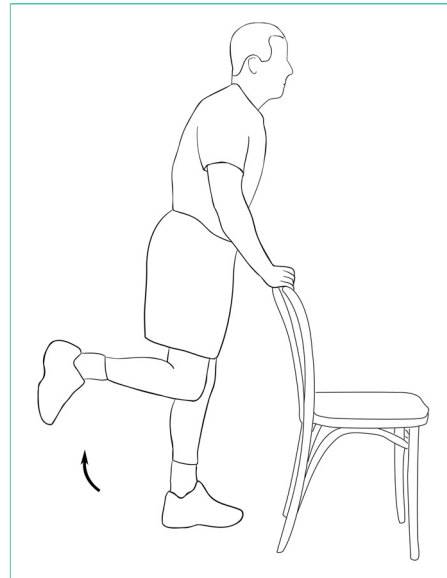
Supine Hamstring Stretch

- Lie on the floor with one leg straight and one leg bent. Clasp your hands behind the thigh of the bent leg, near the knee.
- Straighten the leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull the leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.
- Perform 2 to 3 sets, 4 to 5 days a week, continuing for 3 to 4 weeks.



Hamstring Curls

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold onto the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 15 repetitions, progressing to 3 sets of repetitions.
- Perform the exercise 3 to 4 days a week, continuing for 3 to 4 weeks.

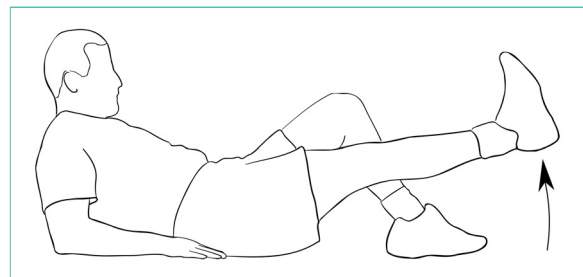


Seated version:

- Sit on a chair with your feet flat on the floor.
- Slide the foot on the injured side back and hold the position for 5 seconds.

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 4 to 5 days a week, continuing for 3 to 4 weeks.



Straight-Leg Raises (Prone)

- Lie on the floor on your stomach with your legs straight.
- Tighten the hamstrings of the affected leg and raise the leg toward the ceiling as far as you can.
- Hold this position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 10 repetitions 4 to 5 days a week, continuing for 3 to 4 weeks.

