

Patellofemoral Pain

Perform exercises 1, 2 and 3 with 3 sets of 10-15 reps

1.) Quad Setting



- While touching the vastus lateralis (VL) and vastus medialis (VMO) muscle groups, slowly contract the quads attempting to activate each muscle simultaneously by pushing the back of your knee down into the table while keeping the heel on the table.
- Hold the contraction for 5 seconds, then relax.
- The two muscle groups should activate at the same time.

2.) VMO Lunge



- While touching the VMO and VL muscles, slowly lunge forward bring the trailing knee toward the floor.
- Ensure that the VMO and VL muscles are activated simultaneously. If they are unable to do so, return to exercise #1 for 5 minutes. Then try again.
- Perform 15 reps, alternating legs for 3 sets

3.) Supine Bridge



- Begin the exercise on your back with the knees bent, with arms resting at sides.
- Brace the abdominals and squeeze the gluteal cheeks before initiating the movement.
- Lift the pelvis and hips off the ground while maintaining neutral lumbar alignment.
- Perform 15 reps for 3 sets, holding each rep for 5 seconds

4.) Lateral Walk



- From the quarter squat position, brace your spine.
- Perform a SLOW, CONTROLLED, lateral shuffle to the right (8-10 steps), then repeat to the left
- Concentrate on keeping proper spine, pelvic and knee alignment. Your belt line should stay parallel with the floor, your knee should always be under your hip joint and the centre of your sternum should stay directly over your belt buckle
- Generating strength from the core and hip musculature is the key! At first, perform movements in front of a mirror to ensure optimal alignment is executed.
- Perform 10 reps in each direction for 3 sets.

5.) Single Leg Squat



- While standing on one leg, contract the core and activate your gluteal muscles to hold the belt line parallel with floor (Finish position of hip hike)
- Maintain this position with bending the weight bearing knee 20-25°.
- Be sure to keep the knee directly under the hip joint and the spine in a neutral position (Do not flex forward at the waistline)
- Return to the start position
- Perform this exercise in front of a mirror to ensure the body is always in perfect position as above

6.) Quad Stretch



- Start side lying with unaffected side closest to the floor
- Take hold of the ankle to facilitate knee flexion
- Increase intensity of stretch if needed by tilting pelvis forward
- Use the opposite heel to apply pressure to the affected thigh in order increase the intensity of the stretch, as seen above
- Hold the stretch for 30-40 seconds