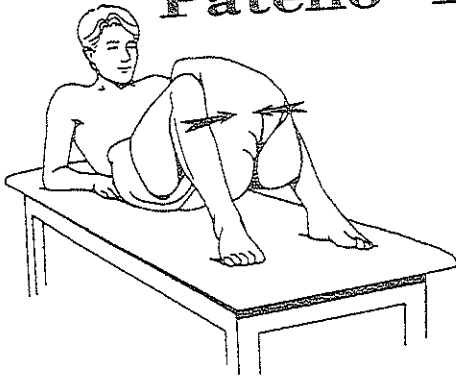
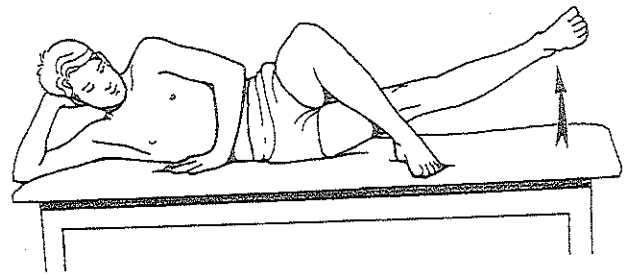


Patello- Femoral Syndrome



1 – Isometric Hip Adduction
With folded pillow (or ball) between knees, squeeze knees together.

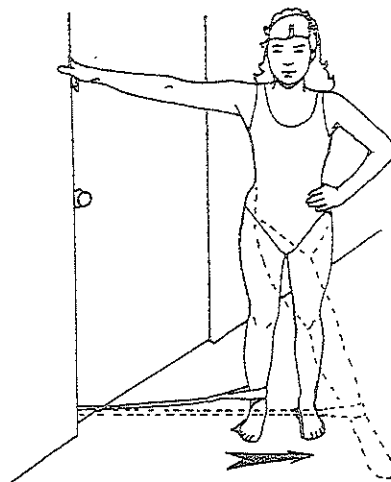
Hold 2 Seconds
3 sets of 10
2 sessions each day



2 – Side-Lying Hip Adduction
Lying on side tighten muscle on front of thigh, then lift leg 8-10 inches.

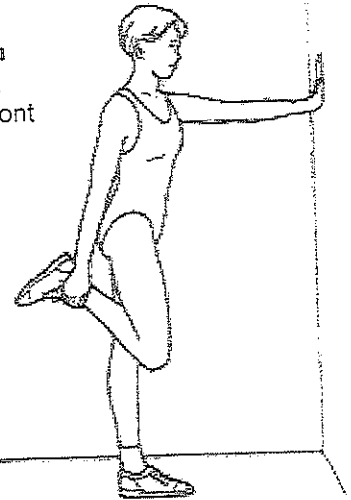
Hold 2 Seconds
3 sets of 10
2 sessions each day

3 – Resisted Hip Adduction
Close one end of exercise band into a doorway and tie other end around ankle. Bring leg across body and slowly return to starting position.
Hold 2 Seconds
3 sets of 10
2 sessions each day



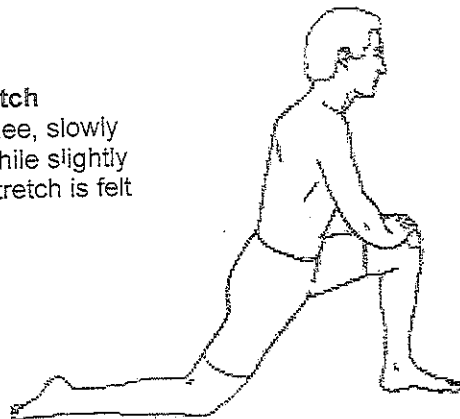
4 – Quadriceps Stretch
Pull heel toward buttock until a stretch is felt in front of thigh

Hold 20 Seconds
Repeat 3 times
2 sessions each day



5 – Hip Flexor Stretch
Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip

Hold 20 Second
Repeat 3 times
2 sessions each



6 – Standing Hamstring Stretch
Bend forward keeping head up and back straight. Reach towards your toes until stretch is felt on back of thigh

Hold 20 Seconds
Repeat 3 times
2 sessions each day

