

## EXERCISES FOR PATELLO-FEMORAL PAIN

1. Seated and supine hamstring stretch: hold 30 seconds and repeat 3x ea; goal is to get your leg to 90° (for supine stretch)



2. Supine ITB stretch: pull leg up and across your body keeping knee locked; hold 30 sec and repeat 3 times; should feel pull in hip



3. Seated/standing calf stretch: loop towel around foot and pull foot back as far as can; lean forward at the waist for more aggressive stretch; should feel behind the knee; hold 30 sec and perform 3 times each



4. Abduction leg raises against wall: flex quad and lift leg up, hold 10 sec and relax; repeat 30 times; perform with foot in neutral and with hip rotated inward (lead with heel). Should feel burning in hip/glut



5. Side step with TB: 3 sets of 15 steps each way; keep knees flexed and trunk upright (do not allow trunk to move when step)



6. Side plank with clam: lift into plank and keeping feet together, lift top knee up and down 15 times. Relax and repeat 3 sets. Add band just above knees when able.



