





## Patellofemoral Strengthening Home Exercise Program









You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: T8D7QEB8

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Ankle strengthening exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both lower extremities following a good warm-up and should be pain free.

<p><b>Squats</b></p> 	<ul style="list-style-type: none"><li>• Begin standing upright with your feet slightly wider than shoulder width apart.</li><li>• Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.</li><li>• Make sure to keep your back straight and do not let your knees bend forward past your toes.</li></ul>
<p><b>Lunge</b></p> 	<ul style="list-style-type: none"><li>• Begin standing upright with your hands resting on your hips and your feet shoulder width apart.</li><li>• Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.</li><li>• Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.</li></ul>
<p><b>Straight Leg Raise</b></p> 	<ul style="list-style-type: none"><li>• Begin lying on your back with one knee bent and your other leg straight.</li><li>• Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.</li><li>• Make sure to keep your leg straight and do not let your back arch during the exercise.</li></ul>
<p><b>Supine Bridge</b></p> 	<ul style="list-style-type: none"><li>• Begin lying on your back with your knees bent and heels on the floor.</li><li>• Tighten your buttock muscles, then slowly lift your hips off the ground into a bridge position, concentrating on lifting one vertebra off the ground at a time. Then reverse the movement to lower yourself back down, one vertebra at a time.</li><li>• Make sure to keep your movements slow and controlled. Keep your abdominals tight as you move into the bridge.</li></ul>

<p><b>Clamshell</b></p> 	<ul style="list-style-type: none"> <li>• Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.</li> <li>• Raise your top knee away from the bottom one, then slowly return to the starting position.</li> <li>• Make sure not to roll your hips forward or backward during the exercise.</li> </ul>
<p><b>Side Stepping</b></p> 	<ul style="list-style-type: none"> <li>• Begin standing upright with a resistance band looped around your thighs, just above your knees. Bend your knees slightly so you are in a mini squat position.</li> <li>• Slowly step sideways, maintaining tension in the band. Walk about 10-15 steps in one direction, and then walk back towards the other direction leading with your opposite leg.</li> <li>• Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.</li> </ul>
<p><b>Reverse Band Walks</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing position with your knees and hips slightly bent, feet shoulder width apart, and a resistance loop around your ankles.</li> <li>• Slowly walk backward one foot at a time.</li> <li>• Make sure not to let your feet drag on the ground or let your knees collapse inward during the exercise.</li> </ul>
<p><b>Cone Touches</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing upright position with a cone or other object on the floor in front of you.</li> <li>• Bend forward at your hips, letting one leg extend straight backward, reaching down with your arm to touch the cone, then return to the starting position and repeat.</li> <li>• Make sure to keep your back straight during the exercise, maintain your balance, and only bend at your hips.</li> </ul>
<p><b>Quadruped Plank</b></p> 	<ul style="list-style-type: none"> <li>• Begin on all fours, with your arms directly under your shoulders and feet resting on the ground.</li> <li>• Slowly raise up to your toes, lifting both knees off the floor and keeping your back straight.</li> <li>• Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk twist.</li> </ul>
<p><b>Modified Side Plank</b></p> 	<ul style="list-style-type: none"> <li>• Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.</li> <li>• Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position and keep your core engaged during the exercise.</li> </ul>

## Modified Plank



- Begin lying on your front, propped up on your elbows. Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.
- Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.