

Covenant Medical Group • Orthopaedics

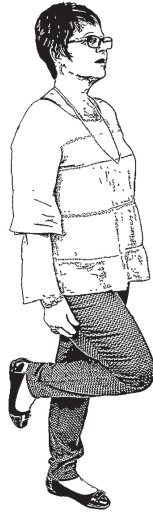
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PATELLOFEMORAL EXERCISES

EXERCISE INSTRUCTIONS

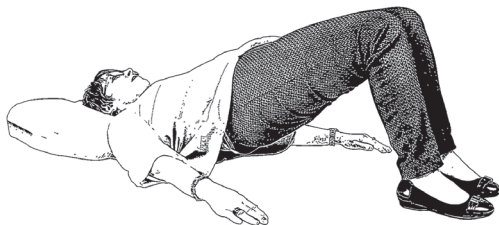
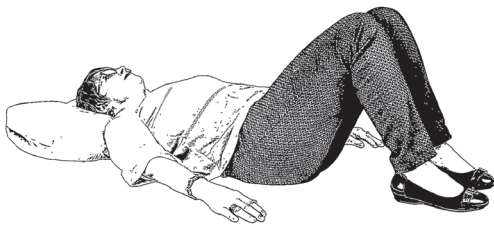
1. Balance on One Leg (strengthens quad, ankle, foot)

- Attempt to balance on one leg, with your eyes open.
- Hold for 30-60 seconds.
- Repeat 10 times per set/3 sets per day.
- If this is too easy, advance to eyes closed.



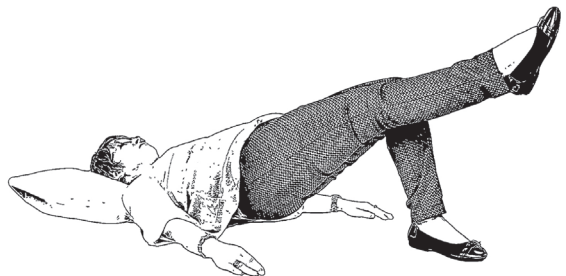
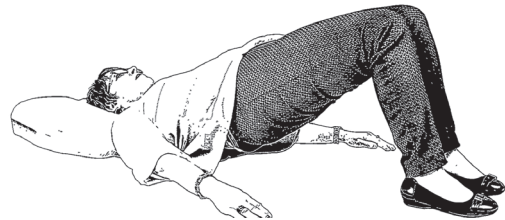
2. Trunk Stability – Bridging

- With your legs bent and stomach tight, slowly raise your buttocks off the floor.
- Hold as long as possible, keeping your hips flat like a table.
- Repeat 20 times per set/1 set per session/ 2 sessions per day.



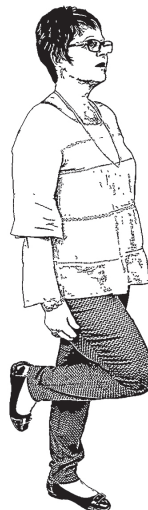
3. Trunk Stability – Bridging with Straight Leg Raise

- With your legs bent and stomach tight, slowly raise your buttocks off the floor.
- Slowly extend your right knee.
- Repeat extending your left knee.
- Hold as long as possible, keeping your hips flat like a table.
- Repeat 20 times per set/1 set per session/ 2 sessions per day.



4. Single Leg Squat (strengthens quad, ankle, foot)

- Balance on one leg.
- **Slowly** bend your knee 30 degrees.
- Pause.
- Then straighten your knee, keeping your hip aligned over your knee, over your toes.
- Repeat 10 times per set/3 sets per day.



5. Modified Balance Unilateral While Holding A Chair

(strengthens quad, ankle, foot)

- Balance on one leg while holding onto the back of a chair or sofa.
- **Slowly** bend that knee 30 degrees.
- Pause.
- Then straighten that leg back out.
- Repeat 10 times per set/3 sets per day.



6. Chair Sit – Knee Bend to Straight

- Slowly bend your knee to 30 degrees, focusing on contracting your thigh muscle.
- Slowly straighten your knee.
- Repeat.
- Hold for 30-60 seconds.
- Repeat 10 times per set/3 sets per day.



7. Quad Strengthening

- Slowly extend your leg as flat as you can, focusing on contracting your thigh muscle.
- Hold for 30 seconds.
- Relax in between sets.
- Repeat 10 times per set/3 sets per day.

