

Exercise Program for: _____

Prepared by: Seasons Family Medicine
37 South 2nd East
Rexburg ID, 83440
(208) 356-9231

HOME EXERCISE PROGRAM FOR PATELLOFEMORAL PAIN

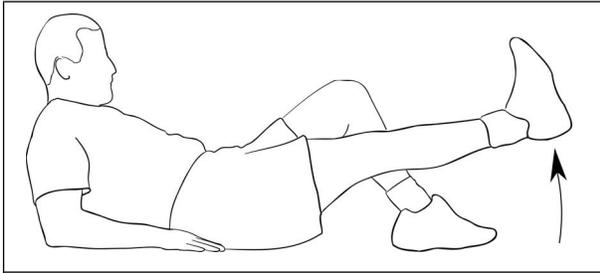
Perform the exercises in the order listed. To prevent inflammation, apply a bag of crushed ice or frozen peas along the sides of the kneecap for 20 minutes after completing the exercises. If the pain worsens or does not improve, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curls	Hamstrings	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises (prone)	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4



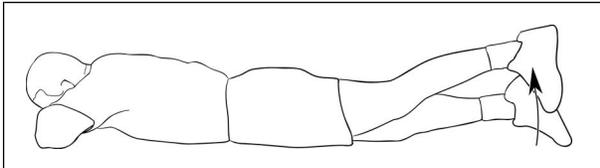
HAMSTRING CURLS

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance. Bend the affected knee, raising the heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax. Perform 3 sets of 25 repetitions, progressing to 3 sets of 45 repetitions. Perform the exercise 4 to 5 days a week, continuing for 3 to 4 weeks. Seated version: Sit on a chair with your feet flat on the floor. Raise the affected knee off the chair and hold the position for 5 seconds.



STRAIGHT-LEG RAISES

Lie on the floor, supporting your torso with your elbows as shown. Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor. Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax. Perform 3 sets of 10 repetitions 4 to 5 days a week, continuing for 3 to 4 weeks.



STRAIGHT-LEG RAISES

(PRONE)

Lie on the floor on your stomach with your legs straight. Tighten the hamstrings of the affected leg and raise the leg toward the ceiling as far as you can. Hold the position for 5 seconds. Lower the leg and rest it for 2 seconds. Perform 3 sets of 10 repetitions 4 to 5 days a week, continuing for 3 to 4 weeks.