

Exercise plan:  
**Easy Patella Femoral Pain**

Patient:  
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Date:  
**30th Apr 2020**

### Inner Range VMO Quadriceps Sitting

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Sit on the floor, and place a rolled up towel under your knee. Contract and isolate your VMO by squeezing your inside thigh muscle. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor. Slowly return to the start position.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/z6pmyf\\_Qels](http://youtu.be/z6pmyf_Qels)



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### Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)



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### Leg Lift

Lift your leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim to increasing your leg lift as your leg becomes stronger and more mobile.

**Hold for 3 | Repeat 15 times | Perform 2 times daily**

Video: <http://youtu.be/67ajrE4Ajak>



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## Knee Flexion (Heel Kicks) Standing Unsupported

Stand upright with good posture. Hold on to a wall, rail or table for support. Gently bring your heel towards your buttock of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks can act as good hamstring strengthening exercises.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: [https://youtu.be/\\_2euGsMzmSo](https://youtu.be/_2euGsMzmSo)



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## 1/2 Wall Squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/2 squat position. You can either go up or down, or hold the down position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

**Hold for 20 | Repeat 5 times | Perform 3 times daily**

Video: <http://youtu.be/vSrxia0hZiY>



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