

Exercise plan: Patella Femoral Pain- Moderate	Patient: --	Date: 30th Apr 2020
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Supine Bridge Medium



Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. 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 seconds | Repeat 20 times | Perform 3 times daily

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

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Full Wall Squat



Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90 degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

Hold for 20 seconds | Repeat 5-10 times | Perform 3 times daily

Video: <http://youtu.be/-X1x3DWoISw>

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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 seconds | Repeat 15 times | Perform 3 times daily

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

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Knee Extensions Sitting



Sit upright with good posture. Slowly straighten your left leg out in front of you as far as feels comfortable. Slowly lower back to the floor, then repeat with the right leg. If you suffer any cramp in your upper thigh, do not straighten your leg fully and keep a small bend. This exercise will help mobilise your knee and improve strength in your leg.

Hold for 3 Seconds | Repeat 30 times | Perform 3 times daily

Video: <https://youtu.be/uklsfS5YTXA>

Knee Flexion (Heel Kicks) Standing with Support



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 seconds | Repeat 30 times | Perform 3 times daily

Video: <https://youtu.be/1kN1qiDZcFE>

Box Step Front



Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with. Ensure that the knee points over the middle of the foot throughout the movement.

Repeat 20 times | Perform 3 times daily

Video: <http://youtu.be/EI739iJbGUU>