

Exercise plan:
Patella Femoral Pain - Hard

Patient:
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Date:
30th Apr 2020



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Supine Bridge Hard

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. 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 30 times | Perform 3 times daily

Video: <http://youtu.be/x-b9yvFzLqk>

Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

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

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



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1/4 Squat Single Leg

Stand on one leg, and bend your knee to the 1/4 squat position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

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

Video: <http://youtu.be/Rn3qU2xMYv4>



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Box Step Front Single Leg

Step onto a box or step, placing one foot on the step, but before you place the other foot down, return to the start position. Repeat on the same leg the specified number of repetitions before moving onto the other leg.

Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/xK1_p-VBSvY

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 30 times | Perform 3 times daily

Video: https://youtu.be/_2euGsMzmSo

