

PATELLA FEMORAL JOINT PAIN

STRENGTHENING

LEVEL 2 - PROGRESS/REGRESS DEPENDENT UPON PAIN

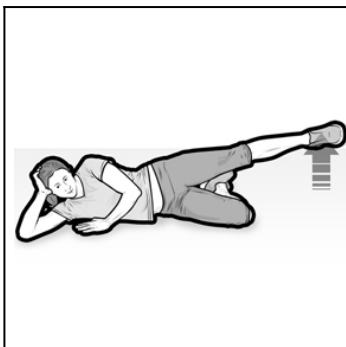


RESISTANCE BAND ECCENTRIC LEG EXTENSIONS

Attach a length of resistance band to a table-leg and loop around your ankle. While sitting upright, straighten your knee. Slowly, over 4-5 seconds, lower your leg against the resistance. Repeat.

SETS & REPS: 3 x 8-12

FREQUENCY: 3 x a week

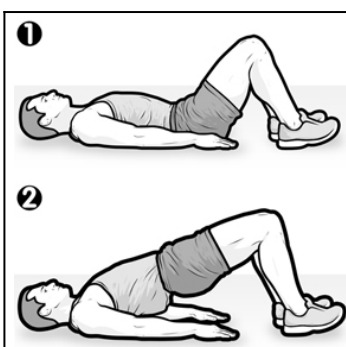


SIDE-LYING HIP ABDUCTION

Lie on your side with your bottom leg bent for support and your top leg straight with your hip extended. Raise your leg, keeping your foot parallel to the floor. Ensure you do not hip hitch. Slowly lower and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x a week

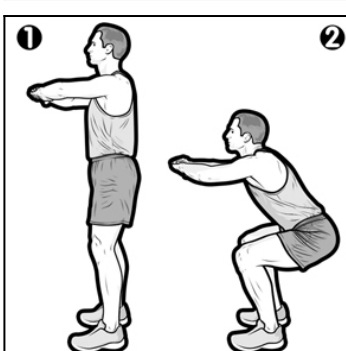


SUPINE BRIDGE

Lie on your back with your arms by your side, knees bent and feet flat on the floor. Push your heels into the ground and lift your bottom into the air. Squeeze your gluteals and hold for 5 seconds. Slowly lower your hips and repeat. Progress to single leg bridging as your pain allows

SETS & REPS: 3 x 8-12

FREQUENCY: 3 x a week

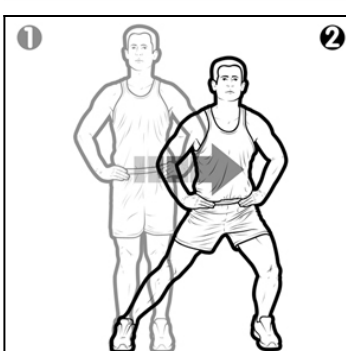


BODY-WEIGHT DEEP SQUAT

Stand upright with your feet hip-width apart. Squat down (as if to sit on a chair) until your knees are bent to approximately 90°. Push through your heels and straighten your knees to return to a standing position. Ensure your knees ravel over your 2nd toes and that your back remains in a neutral position. Repeat.

SETS & REPS: 3 x 8-12

FREQUENCY: 3 x a week



LATERAL LUNGE

From a standing position, step sideways, bending that knee and keeping your feet pointing forward. Ensure your bent knee travels over your second toe. Step back to the start position and repeat. Keep your hands on your hips throughout and keep your elbows level

SETS & REPS: 4 x 6

FREQUENCY: 3 x a week