

Patellofemoral Pain: Home Exercise Program

Iliotibial Band Rolling:

For this exercise you may need the assistance of someone at home. You will lie on your side with the injured leg on top. Place a pillow between your knees so that your legs will remain parallel to one another. Bend the knees just a little. Have your assistant use a baking rolling pin or cylindrical object to slowly and gently roll the side of your leg. Roll the side of the leg from the knee all the way up to the hip for 2-3 minutes.



If you do not have someone at home to assist you, you can also perform the same stretch using a long foam roller. Place the foam roller on the ground and lie down so that injured leg is in contact with the roller. The top leg may be positioned in front of your body as seen in the first diagram or it can remain on top of the injured leg as seen in the second diagram. You may use your hands to assist with moving your body so that the roller goes from the top of your hip to the bottom of your knee. Perform this activity for 2-3 minutes.



Vastus Medialis Oblique (VMO) Cueing:

This is quite possibly the most important part of your thigh muscle to help keep your knee cap in the right spot. You will use your hands to help the muscle contract to pull your knee cap inward. Sitting with your legs straight, take your fingertips and place them down to the inside part of your thigh along the kneecap. GENTLY push the knee cap down and outward on a diagonal. Now tighten up the thigh muscle and feel your knee cap glide up and inward towards your fingers. Hold the contraction for 10 seconds. Repeat 10 times.



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Straight Leg Raise With Toes Turned Outward:

Lie on your back and bend your uninjured leg with the foot supported on the ground. Keep your injured leg straight and point your toes away from you. Tighten your thigh muscle and slowly raise your injured leg 10-15 inches. Slowly return to the ground. Perform 3 sets of 10.



Clamshells:

Lie on your side with your injured leg on top. Position your hips so one is directly on top of the other. Do not let your top hip slide backward when performing the exercise. Bend your knees to 45 degrees. Open the legs similar to a clamshell and hold the position for 10 seconds. Repeat 10 times. COUNT SLOWLY!



To increase difficulty you can place a TheraBand® loop around the knees. Continue to hold for 10 seconds. Repeat 10 times.

VMO Kicks:

Lie on your back and bend both knees. Raise the feet off the surface so your lower part of your leg will be parallel to the surface. Place a small ball or pillow between the knees and gently squeeze to hold it there. This is your starting position. Now slowly kick one leg up to the ceiling and return to the starting position, repeat with the opposite leg. Time yourself for 1 minute and repeat 2 times.



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Single Leg Balance Cone Touch:

Place four to five cones in a semi-circle approximately 12 inches in front of your foot. Stand on your injured leg and lift the opposite leg up so it is at least 5 inches off of the ground. Slowly bend your knee and reach down to touch each of the cones with the same arm as the leg you are standing on. Do not let the opposite leg contact the ground until you have touched each of the cones. Repeat 10 times.



Recommended Use:

Times per day:	1	2	3		
Days per week:	1	2	3	4	5