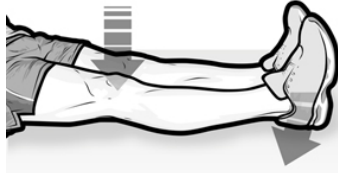


PATELLA FEMORAL JOINT PAIN

STRENGTHENING

LEVEL 1 - PROGRESS WHEN THESE DO NOT CREATE PAIN

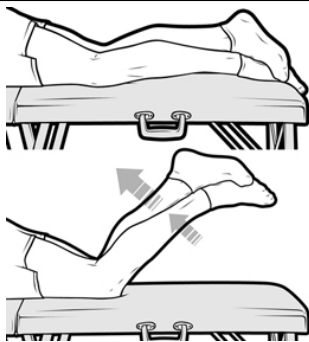


ISOMETRIC CO-CONTRACTIONS

With your leg out straight, tighten your quadriceps muscle to lock your knee straight. At the same time, try to pull your heel down into the floor to contract your hamstrings. Hold the co-contraction for 6-15 seconds. Relax and repeat.

SETS & REPS: 30 sec total

FREQUENCY: 4 x a day



1 RESISTED HAMSTRING CURLS

While lying on your front, cross your ankles with your affected leg on the bottom. Slowly bend your knee as far whilst using your top leg to stop any movement. Hold 6-12 seconds. Lower and repeat.

SETS & REPS: 30 sec total

FREQUENCY: 4 x a day



DEEP GLUTEAL SQUEEZES

Lie on your side with your hips and knees slightly bent and pillow between your legs. Feel the muscle just behind your hip bone contract. Hold for 6-12 secs then relax and repeat.

SETS & REPS: 30 sec total

FREQUENCY: 4 x a day



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 up, keeping your foot parallel to the floor. Ensure you do not hip hitch. Slowly lower and repeat.

SETS & REPS: 3 x 8-15

FREQUENCY: Daily



STANDING HIP EXTENSION

Standing, with your knee straight, lift your affected leg backwards. Ensure you keep your back straight and hips facing forwards throughout. Hold for 2-3 seconds then slowly lower and repeat.

SETS & REPS: 3 x 8-15

FREQUENCY: Daily