

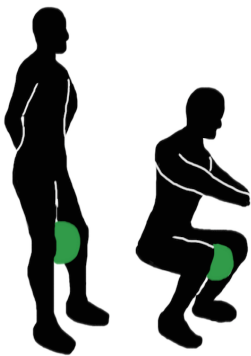
## Exercises for Patellofemoral Pain (PFPS)

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

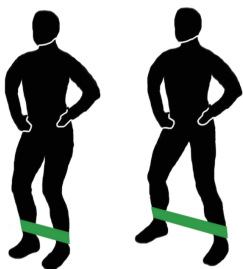
**To check the suitability of the exercises contact us at SSI.**

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

**Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.**



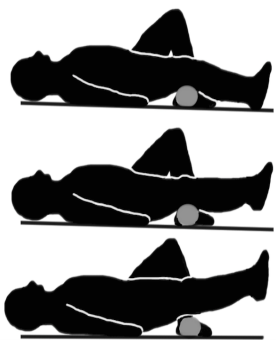
- 1) - Stand with the feet around hip width and a football placed between the knees.
  - Make sure you keep the toes pointing at 12 o'clock at all times. Do not allow the feet to move into a turned out position.
  - Place a light squeeze with your knees against the ball. You should feel the muscles tighten in the inner thigh.
  - Slowly bend the knees into a squat position maintaining the squeeze on the ball at all times.
  - Ensure you keep the knees inline with the 2<sup>nd</sup> and 3<sup>rd</sup> toe of the foot at all times in the movement.
  - Move as low as is possible within a pain free range to a maximum of 90°. Pause here briefly then slowly return to the standing position, still squeezing the ball with the knees. This counts as 1 rep.
  - Make sure you can see your toes at all times, do allow your knees to pass your toes.
  - Complete 3 x 15-20 reps.



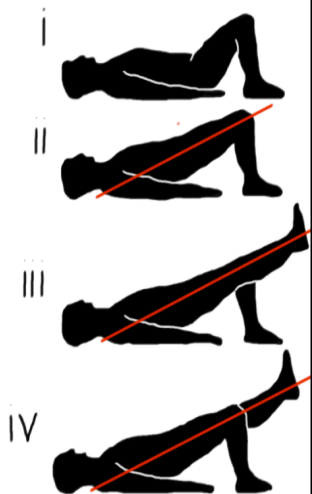
- 2) - Start with your feet hip width apart, toes facing forwards (12 o'clock) and band around the ankles.
  - Step to the side into a wide stance then slowly step the other leg across to a hip width distance again. This counts as 1 rep.
  - Make sure you step at a slow steady pace keeping an upright torso at all times.
  - Perform 10 steps in one direction then 10 in the other and repeat.
  - Complete a total of 3-4 x 40 steps.

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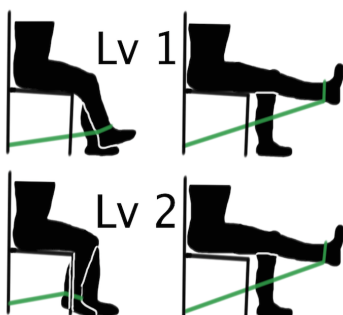
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- 3) - Lie on your back with the target leg out straight on the floor and the other knee bent with the foot on the floor. Place a rolled up towel under the knee of the target leg.
- Maintain a tight squeeze through your core before you move the target leg.
  - Keeping the core 'tight' lock out the knee of the target leg by slowly lifting the heel from the floor whilst keeping the knee pushed into the towel.
  - Once you have fully locked the knee, without allowing any bend in the knee to occur, lift the leg from the towel by 1 or 2 inches. Hold this position for 4-6 seconds. This is 1 rep.
  - If you have pain when locking the knee (before lifting it from the towel) then perform the exercise with the maximum pain free position and do not lift the knee away from the towel.
  - Complete 4 x 12-15 reps.



- 4) - Start on your back with the knees bent to 90°, ensuring the knees are in line with hips and ankles in line with knees.
- Keep the low back flat by pulling the belly button into the spine and producing a squeeze through the core (i).
  - Maintaining the squeeze through the core slowly lift the hips high (ii).
  - For level 1 pause here for a brief second then slowly return. This is one rep.
  - For level 2 achieve position ii then slowly straighten one knee, aligning the ankle, knee and hip (iii), pause for a brief second then return to ii and repeat with the other leg (iv). Ensure the core is squeezing at all times and the back remains flat. On completing iv slowly return the leg and return to position i. This counts as 2 reps.
  - For level 3 repeat the steps for level 2. This time on completing position iv return to position ii (not position i) and repeat steps ii, iii, iv and so on.
  - All of the levels can be made harder or easier depending on where the feet are placed. If closer to the hips / body it becomes easier. If further away it becomes harder. This allows you to adjust the difficulty of each level.
  - Complete 3 x 12-16 reps



- 5) - Sit in a chair with the band tied around the ankle of the target leg & fixed behind you.
- Pull your belly button into your spine to engage the core and stabilise the low back.
  - Level 1 starts with the knee at a 45° angle. Slowly straighten the knee. Keep the core engaged and low back stable. Avoid any slumping.
  - Pause for 1 - 2 seconds then SLOWLY return to the start position. This counts as 1 rep and should take almost 6 seconds to complete.
  - Level 2 starts with the knee just past a 90° angle and uses more tension on the band.
  - Complete 3 x 15-20 reps.