**Patellofemoral Exercises**

Commonly called “Runners knee”.

**Quad Set:** Lie on a flat, firm surface. Bend your left leg until your foot is flat on the floor. Keep your right leg straight. Tighten the top of your right thigh and hold for 10 to 20 seconds, and then relax. Repeat this exercise 5 to 10 times and then repeat on your other leg.

**Straight Leg Lift**: Lie on a flat, firm surface. Bend your left leg until your foot is flat on the floor. Raise your right leg several inches off the floor and hold for 5 to 10 seconds. Lower your leg slowly. Repeat this exercise 5 to 10 times and then repeat on your other leg.

**Sitting Leg Lift**: Sit in a chair. Slowly straighten and raise one leg. Squeeze your thigh muscles and hold for 5 seconds. Relax and return your foot to the floor. Do 2 sets of 10 lifts on each leg.

**Bridge**: Lie on your back with knees bent and feet flat on the floor. Gently tighten your stomach and buttock muscles. Lift your hips 3-5 inches from the floor without arching your back. Hold for 5-10 seconds, and then slowly lower your hips to the floor. Repeat 20-30 times.

**Clam Shells**: Lie on your side with both knees bent and positioned in front of you. Gently tighten your abdominal muscles to protect your back. Slowly raise your top knee up and outward like a clam opening while keeping your feet together. Keep your buttock muscles tight throughout the exercise. Hold for 5 seconds then slowly lower your knee back to the starting position. Do not roll your body or pelvis backward. Repeat 20-30 times. Can be done with bands also.

**Stretches we already do**:

3-4 reps x 20-30 secs

IT band & buttock stretch

IT band stretch

Hamstring Stretch

Calf Stretch

<https://mydoctor.kaiserpermanente.org/ncal/Images/patellofemoral_tips_exercises_tcm75-823272.pdf>

<https://www.ssmc.com.au/for-patients/patellofemoral-pain-exercises.html>

<https://uhs.berkeley.edu/sites/default/files/PatellofemoralPainSyndrome.pdf>

<https://www.rickysinghmd.com/patellofemoral-pain-runners-knee/>

<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=bo1601>