

Patellofemoral Pain Syndrome

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HIP ADDUCTION - SIDELYING

supporting your body.

While lying on your side, slowly raise

up the bottom leg towards the ceiling. Keep your knee straight the entire time.

The top leg should be bent at the knee and your foot planted on the ground

1



Repeat 3 Times Hold 20 Seconds Perform 3 Time(s) a Day

2



Repeat 3 Times Hold 20 Seconds Perform 3 Time(s) a Day

3



Hold 2 Minutes Perform 1 Time(s) a Day

4



Complete 3 Sets Perform 1 Time(s) a Day

PIRIFORMIS STRETCH

Hip Flexor & IT Band Stretch

Ly on your side with the side you want

Secondly, pull your knee towards your

floor. This stretch should be pain free.

FOAM ROLL - IT BAND - ILIOTIBIAL

Start on your side with a foam roll

Next, using your arms and unaffected

leg, roll up and down the foam roll

under your bottom thigh.

along your lateral thigh.

BAND

hip with your hand. Finally, use your other foot to push your hip towards the

to stretch on top. Pull your top knee behind your hip with your hand.

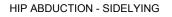
While lying on your back with both knee bent, cross your affected leg on the other knee.



Repeat 15 Times Complete 3 Sets Perform 1 Time(s) a Day



5



While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.





Repeat 15 Times Complete 3 Sets Perform 1 Time(s) a Day

FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start on your hands and knees in a crawl position as shown.

Next, raise your leg out to the side while maintaining a stable spine.

Repeat 15 Times

MEDICINE BALL BRIDGE

While lying on your back, raise your buttocks off the floor/bed while holding a medicine ball between your knees as shown.