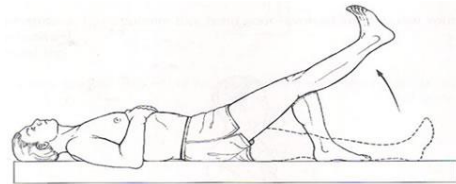


HOME EXERCISE PROGRAM
PATELLOFEMORAL KNEE PAIN

Phase I: Decrease pain, maintain strength, improve flexibility

- Avoid painful activities as much as possible (stairs, running, squatting, etc)
- Ice your knee for 25 minutes three times per day
- Use anti-inflammatory medications (ibuprofen, naproxen, etc) as needed
- Strengthening -- Perform once through twice a day to begin; progress to 5 times through twice a day as you are able
 - Straight leg raises –
 - 20 repetitions



- Standing side leg raises –
 - 20 repetitions each leg



- Seated hip external rotation w/ exercise cable or Theraband –
 - 20 repetitions

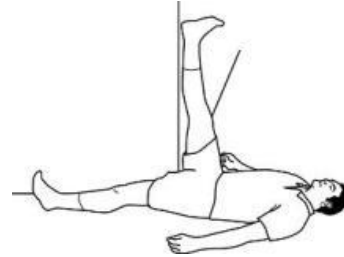


- Stretching (repeat all twice after strengthening exercises complete)

- IT band – 30 seconds each leg



- Hamstrings – 30 seconds each leg



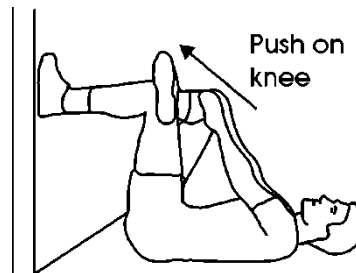
- Calf – 30 seconds each leg



- Hip adductors – 30 seconds each leg

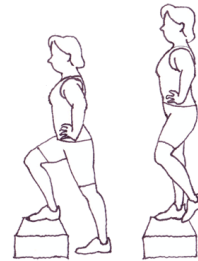


- Hip internal rotators – 30 seconds each leg

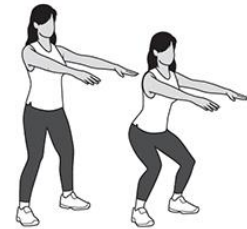


Phase II: Increase strength

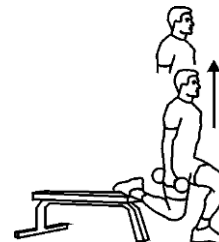
- Criteria to progress: no pain with full Phase I strengthening (5x twice a day)
- Start with one time through the program daily, increasing to twice daily, then twice through twice daily as you are able
- Perform stretching program (as above) after strengthening
- Add small amount of non-impact cardio (high-seated bike, swim, elliptical) and advance as able
 - This should not cause pain
- Step-ups (30 seconds)
 - Begin with 6" step and no weights
 - Increase height or add weight as tolerated



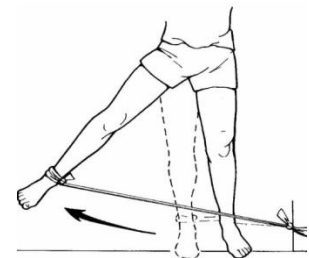
- Quarter squats (30 seconds)
 - Bend knees to 30° with no weights
 - Increase knee bend or add weight as tolerated



- Single-leg squats (30 seconds)
 - Bend front knee only to 30° with no weights
 - Increase knee bend or add weight as tolerated



- Abductor strengthening (30 seconds)
 - Increase resistance as tolerated



- External rotator strengthening (30 seconds)
 - Increase resistance as tolerated



For more information, please visit andrewblackmanmd.com
Facebook.com/STLOrtho
Twitter - @STLOrtho