



**PERFORMANCE
ORTHOPEDICS**

Patellofemoral Program

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Patellofemoral Strengthening Exercises and Progression

Stage I ROM: You may begin riding a bike. Start with the seat higher and light resistance/tension. As your range improves, you may begin lowering your seat and adding resistance as tolerated. Too much too soon will cause discomfort anterior knee.



Start Position



End Position

Stage I Strengthening: Straight Leg Raise

While sitting on a firm surface with your leg straight in front of you, raise your leg straight into the air. Hold it up for a few seconds, then slowly lower it back down. Repeat this exercise: 3 sets of 10 repetitions.

Stage I Strengthening: Mini Squats

While standing with both legs about shoulder width apart, slowly bend your knees keeping them in line with your toes. Bend far enough so that your knees are over your toes, but do not go past your toes. Repeat this exercise: 3 sets of 10 repetitions.



Start Position



End Position



Start Position



End Position

Stage I Strengthening: Wall Slides

While standing with both legs about shoulder width apart, lean against the wall at a 45° angle. Slowly bend your knees keeping them in line with your toes. Bend far enough, sliding down the wall, so that your knees are over your toes and your quads are engaged. Do not allow your knees to go past your toes. Repeat this exercise: 3 sets of 10 repetitions.

NOTE: Progress through stages only as tolerated. Never bend past 90 degrees

Stage II Strengthening: Single Leg Mini Squats

While standing on your affected leg only, slowly bend your knee making sure to keep it lined up over your toes. Bend your knee far enough so that your knee is over your toes, but do not go past your toes. Repeat this exercise: 3 sets of 10 repetitions. Repeat on the opposite leg for equal conditioning.



Start position



End position



Start position



End position

Stage III Strengthening: Two Leg Full Squat

While standing with your feet hip width apart, slowly bend your knees making sure to keep in line with your toes. Try to keep your feet flat on the floor and allow your buttock to sink back. Bend your knees deeper to fully engage quad while keeping good balance and posture. Repeat exercise: 3 sets of 10 repetitions. Repeat on the opposite leg for equal conditioning.

Stage III Strengthening: Single Leg Full Squat

While standing on your affected leg only, slowly bend your knee making sure to keep it in line with your toes. Bend your knee deeper to fully engage quad while keeping good balance and posture. Repeat exercise: 3 sets of 10 repetitions. Repeat on the opposite leg for equal conditioning.



Start position



End position

NOTE: Progress through stages only as tolerated. Never bend past 90 degrees