



PHASE III - PATELLOFEMORAL PAIN

Horizontal Leg Press



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Adjust the machine for your height and leg length. Your feet should be shoulder width apart and turned out slightly. Bend your knees so that they pass to the sides of your chest. Pause in this lower position and then straighten your legs again.



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Squat

Place a barbell across your shoulders ensuring you are standing upright and looking forwards. Place a small (1/2") wooden wedge beneath your heels. Your knees should be shoulder width apart, and your feet turned out slightly. Keep your back flat and vertical. Bend your knees, ensuring that they pass directly over your foot, until your knees are at 90°. Stand up again.



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Step Up

Stand in front of a step up box, adjusted so that its top surface comes just below your knee level. Place one foot flat on the step up bench, and then step up fully onto the bench. Step down from the bench with your other leg. Reverse the stepping order after half of your total number of repetitions.



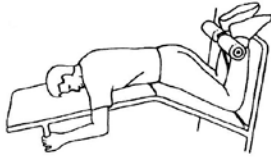
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Dumbbell Lunge

Grip a dumbbell in each hand, and stand with your feet shoulder width apart. Step forwards and down with your right leg, allowing your left knee to come towards the level of your right foot. Stand straight once again, reverse the feet, stepping forwards with your left leg.



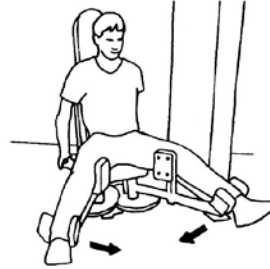
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Lying Leg Curl

Lie on the leg curl machine with the pads adjusted for your leg length. Your knee caps should be positioned just over the edge of the leg curl bench. Bend your knees until the pads come towards your buttocks, pause in the upper position and then straighten your legs to lower the weight again.



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Sitting Hip Adduction

Sit in the machine adjusting the seat back and leg pads for leg length. Press your legs together, pause and then allow your legs to move apart again.



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Sitting Hip Abduction

Sit in the machine adjusting the seat back and leg pads for leg length. Press your legs outwards into the abducted position, pause and then allow your knees to come together again.



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Cable Kick Back

Stand in front of a low pulley machine with a sling around your ankle. Hold the supports of the machine, standing tall with both legs straight. Pull your inner leg backwards tightening your buttock muscles as you do so. Ensure no body sway occurs.



Adjust level of seat on exercise bike to a comfortable level.
 _____ minutes on level _____



Holding on to stationary handles, place feet in correct position.
 Select program _____.
 Select time: _____
 Select level _____



Set treadmill according to instructions.
 Set time: _____
 Set speed: _____
 Set incline: _____