

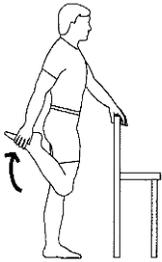


Sports Medicine & Shoulder Surgery

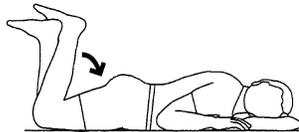
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Patella Femoral Program Courtesy of Vanderbilt Sports Medicine

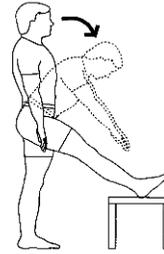
1. Quadriceps and Hamstring Stretches
2. Quadriceps Strength
3. Ice x 30 Minutes for Pain
4. Knee Sleeve (neoprene with a hole knee cap) (purchase at Sporting Goods Store)
5. Anti-Flammatory (OTC) Aleve/ Ibuprofen
6. Tylenol (okay to take with either medicines)



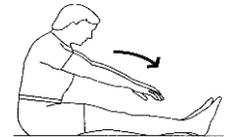
- 1) Stand on uninjured leg, using chair for balance.
- 2) Grasp the ankle of involved knee and pull upward.



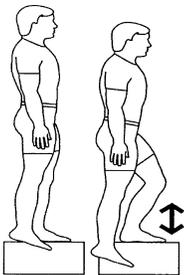
- 1) Bend involved knee, placing uninjured leg behind the involved.
- 2) Gently push involved knee forward with uninjured leg.



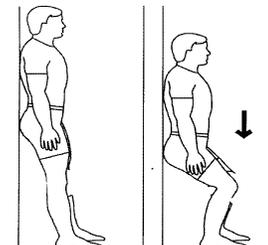
- 1) Stand with heel propped on table, knee straight, as shown.
- 2) Gently and slowly lean forward at waist.



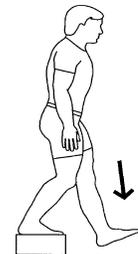
- 1) Sit on firm surface with legs straight out in front.
- 2) Slowly bend at hips, reaching for toes.



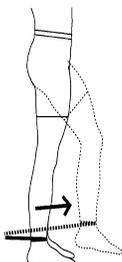
- 1) Place involved leg on edge of step.
- 2) Step up, lifting uninjured leg off floor.
- 3) Lower uninjured foot toward floor, but do not touch.



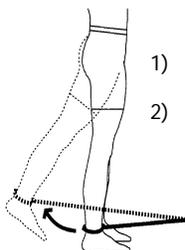
- 1) Lean on wall, feet 12 inches from wall, shoulder width apart.
- 2) Bend knees to 45 - 90 degrees and hold.



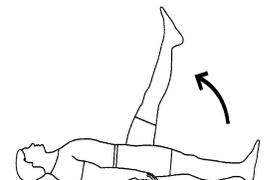
- 1) Stand on step with both feet.
- 2) Step down slowly, leading with uninjured leg.



- 1) Attach elastic to secure object at ankle level.
- 2) With elastic around ankle of involved leg, pull forward keeping knee straight.



- 1) Attach elastic to secure object at ankle level.
- 2) With elastic around ankle of involved leg, pull leg backward.



- 1) Lie on back with knees straight.
- 2) Keeping back against mat, raise involved leg as high as possible while keeping both knees straight.