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-Inflammatory (OTC) Aleve/ Ibuprofen
6. Tylenol (okay to take with either medicines)

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

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

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 uninvolved leg off floor.
3) Lower uninvolved 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 uninvolved 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.