

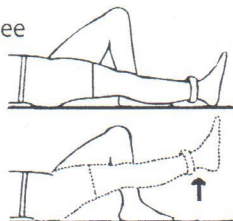
Patella Femoral Syndrome/VMO

Resist Hip Flexor (SLR) Supine w/Weight

Special Instructions

Use 0 lbs.

- Lie on back with uninvolved knee bent as shown.
- Place weight on ankle of involved leg.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Knee Extension (SAQ) w/Weight

Special Instructions

Use 0 lbs.

- Place weight on ankle of involved leg.
- Position knee over pillow, bending to about 30 degrees, as shown.
- Straighten knee fully.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Hip/Knee Flex (reverse lunge) w/Weight

Special Instructions

Use 0 lbs.

- Stand holding weights at side, palms inward.
- Step back with one leg until rear knee almost touches floor.
- Front leg should not extend past toes.
- Push back up forward to a starting position.
- Repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

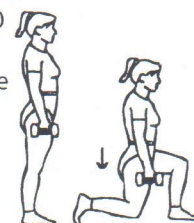


Resist Hip/Knee Flex (fwd full lunge) w/Weight

Special Instructions

Use 0 lbs.

- Hold weights at sides, palms inward.
- Step forward, bending knees to 90 degrees as shown.
- Rear knee should almost touch the floor.
- Push back up to standing.
- Repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Knee Step Down w/Weight

Special Instructions

Use 0 lbs.

- Hold weights in hands.
- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step up backwards, leading with uninvolved leg.
- Repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

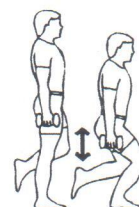


Resist Knee Squat Uni w/Weight

Special Instructions

Use 0 lbs.

- Stand on one leg.
- Hold weights in both hands.
- Bend knee to 90 degrees.
- Straighten knee.
- Repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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Patella Femoral Syndrome/VMO

Stretch Hamstring Uni Long Sitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Quads Standing

Special Instructions

Keep thigh straight in line with body, do not bend at hip.

- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up towards buttocks.
- Hold and repeat.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Quads Half Kneeling

Special Instructions

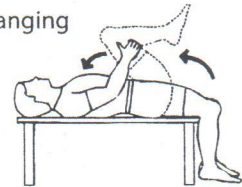
Progress by placing a small box under foot of trailing leg.

- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Hip Flexors Supine 1

- Lie on back, with knees bent, hanging off the edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Hip/Knee Modified

- Lie on back with legs straight.
- Bring left ankle over right knee and let left knee drop to floor.
- Repeat with other side.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch IT Band Sidelying

- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Keep leg straight and rotated outward.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



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