

The 5 Stretches You Should Do for Kneecap Pain (Patellofemoral Pain Syndrome)

If you have not already done so you may want to watch *What is Causing Your Knee Pain? Patellofemoral Pain Syndrome or Kneecap Pain? How to tell?*

These 5 stretches are designed to help most types of patellofemoral pain:

1. Hamstrings stretch. Seated or supine. 3 x 30 seconds. Tight hamstrings can place more backward force on the knee causing pressure to increase between the kneecap and the thigh bone.



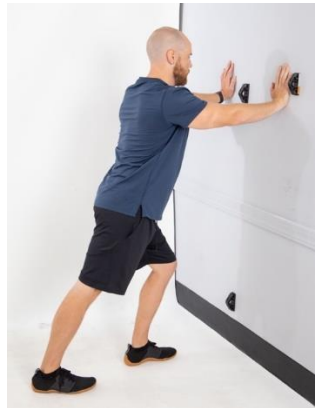
2. Iliotibial (IT) Band Stretch. 3 x 30 seconds. Tight IT band can place an outside force on the kneecap and cause the lower leg bone to turn in. Lead to the kneecap being out of position.



3. Quadricep Stretch: 3 x 30 seconds. Tight quadricep muscles can increase the pressure on the kneecap.



4. Calf Muscles: 3 x 30 seconds. Tight calf muscles can lead to compensation by the foot (foot pronation - flat) which can increase the forces on the kneecap.



- a. Stretch the knee cap. Do not perform if you have loose ligaments or are hypermobile. Most often tight toward outside direction of knee.





May use massage gun or foam roller.