

Strengthening Exercises to Help Stop 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?*

This is a six-week program of strengthening exercises designed to help stop kneecap pain.

Weeks 1 & 2:

1. Lie on back. Straight leg raises (3 sets of 10).



2. Isometric Quadriceps with knee bent to 90 degrees (2 sets of 10- 3 second hold).



3. Mini squats to 40 degrees knee bend. 4 sets of 10.



4. Hip Abduction (side lying) 2 x 15. 10 second hold.



5. Clam shell with resistance band 2 x 15 10 second hold.



6. Fire Hydrants 2 x 15 10 second hold.



Weeks 3 & 4:

1. Wall Slide 0 to 60 degrees (3 sets of 10).



2. Step up/down 8 inch (3 sets of 5)



3. Lunge to 45 degrees (3 sets of 10)



4. Pelvic Drop (2 sets of 15. 10 sec hold) (On Step)



Weeks 5 & 6

1. Single leg stance (3 x 30 sec) Open/closed eyes on mat.



2. Walking- progressive increase

3. Running- progressive increase