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#### Patellar Mobilization

In a sitting position, with the thigh muscles completely relaxed, place your thumb and index finger at the top and bottom of the patella/knee cap and gently oscillate up and down. After 10 repetitions of up and down, change your hand placement, with the thumb and index finger on either side of the patella. Oscillate right and left.

Repeat 10 Times Hold 3 Seconds Complete 1 Set

Perform 3 Time(s) a Day



#### Quad Sets

Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. This movement should press the back of your knee downward and the knee cap to move toward your hip slightly. Attempt to slightly lift the heel off the floor at the peak of the contraction.

Repeat 10 Times Hold 5 Seconds Complete 2 Sets

Perform 2 Time(s) a Day



## HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Repeat 10 Times Hold 5 Seconds Complete 2 Sets

Perform 2 Time(s) a Day



## PRONE KNEE HANGS

While lying down on your stomach, allow your leg to hang off the end of a table/bed. Position yourself so that your knee cap is just over the end of the table/bed.

Just relax your body and allow gravity to stretch your knee into a more straightened position.

1 Time Repeat 5 Minutes Hold

Complete 1 Set

2 Time(s) a Day Perform



#### KNEE EXTENSION STRETCH - PROPPED

While seated, prop your foot up on another chair and allow gravity to stretch your knee towards a more straightened position. You may place a 5 Ib weight over the top of the knee to increase the Repeat

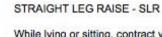
1 Time

Hold

5 Minutes

Complete 1 Set

Perform 2 Time(s) a Day



While lying or sitting, contract you quadricep muscle and then raise your leg up with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

Repeat

10 Times

Hold

3 Seconds

Complete 2 Sets

Perform 2 Time(s) a Day



# SEATED KNEE FLEXION STRETCH SCOOT

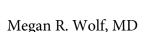
While in a seated position, slides your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

Repeat Hold

5 Times 30 Seconds

Complete 2 Sets

Perform 2 Time(s) a Day





## PRONE KNEE FLEXION STRETCH WITH MULTI-LOOP STRAP

Start by lying on your stomach with a stretching strap linked looped around your affected side foot.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Repeat 5 Times Hold 30 Seconds Complete 2 Sets Perform 2 Time(s) a Day

### HIP ABDUCTION - SIDELYING

While lying on your side, contract your quadricep and then slowly raise up your affected leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your

Repeat 10 Times Hold 3 Seconds Complete 2 Sets Perform 2 Time(s) a Day



# PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise affected leg off the ground.

Repeat 10 Times Hold 3 Seconds Complete 2 Sets

Perform 2 Time(s) a Day



# HIP ADDUCTION - SIDELYING

While lying on your side, contract your quadricep muscle and then slowly raise the affected leg towards the ceiling. Keep your knee straight the entire time.

The top leg should be bent at the knee and your

Repeat 10 Times Hold 3 Seconds Complete 2 Sets Perform 2 Time(s) a Day

