

Name _____

Date _____

Physician _____



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Patient Flow Sheet

Patellofemoral Exercises (Phase 1)

1. **Quad Sets** – Tighten thigh muscle and pull toes back until leg is straight. Hold 3-5 seconds.



2. **Straight Leg Raise**

a. Flexion – Lie on your back and tighten thigh muscle until leg is straight. Slowly lift leg 6-8 inches off the table.



b. Abduction – Lie on your uninvolved side. Tighten thigh muscle until involved leg is straight. Slowly lift leg toward ceiling and slightly backward.



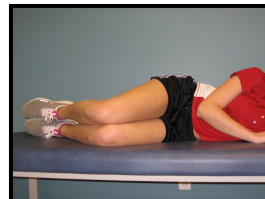
c. Adduction – Lie on your involved side. Cross uninvolved leg over involved leg. Tighten thigh muscle on involved leg and slowly lift toward ceiling.



d. Extension – Lie on your stomach. Tighten thigh muscle on involved leg. Slowly lift leg toward ceiling.



3. **Clam Shells** – Lie on your uninvolved side. Keep both knees bent. Slowly rotate involved knee up toward ceiling while keeping feet together.



4. **Patellar Mobilizations** – Move kneecap side to side and up/down. Also, move tendon below side to side and thigh muscle above side to side. 5-10 minutes.

