



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

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Training start date 23/01/2025

Patellofemoral knee pain is pain around or behind the patella, aggravated by activities that increase load on the patella femoral joint (PFJ) e.g. squatting, ascending and descending stairs, prolonged sitting and running.

There could be multiple factors contributing to the knee pain, some of them being:

1. Poor function and weakness of hip muscles
2. Poor function and weakness of thigh muscles
3. Too much foot roll (pronation)
4. Anxiety, depression, widespread pain could contribute to increased sensitivity of symptoms

The best management for the symptoms entails a structured exercise session, with use of taping and foot orthotics if your physiotherapist deems this appropriate. Once symptoms become less irritable in day to day functions, your physiotherapist can refer you to our Rehabilitation Instructor for further rehabilitation depending on your goals.

To achieve these treatment goals, it is advisable to continue with your exercise program into the longer term (>6 months).

CHOOSE 3-4 exercises out of these

2 to 3 times a week, 8-12 reps or to fatigue

Exercises will not help unless you perform them with the correct technique and on a regular basis.

To manage the pain, monitor pain levels during and after exercise. Experts frequently recommend that if patients have a large increase in pain, or pain stays increased for more than 24 hours after exercise, they may be doing **'too much, too soon'**.



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Bridge with Hip External Rotation

Lie on your back with knees bent and an exercise band loop placed around your thighs near your knees.

Rotate your knees slightly outwards against the resistance. Squeeze your buttocks and roll the pelvis off the floor. Keep your knees apart.

In a controlled manner, return to the starting position.



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Chair Squat with Hip External Rotation

Stand tall with your feet approximately hip-width apart and weight distributed evenly between your feet. The loop of exercise band is placed around your legs under your knees and the slack is taken off.

Make sure the chair is at a suitable distance behind you.

Bend your knees and hips and squat down. At the same time rotate your knees outwards against the resistance. The knees and toes should point in the same direction.

Lightly sit down and then push back up to the starting position using your thighs and buttock muscles.



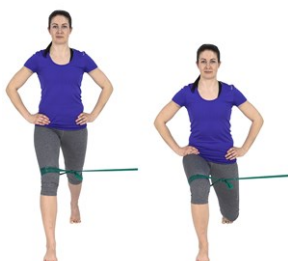
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Ankle Position During Squat

Start in standing with your feet hip-width apart and a mini band around both feet close to your ankles. Feel how the band pulls your feet into pronation/roll in.

Press the ball joints of the big toes against the floor and roll your feet outwards to raise the inner arch of the foot. Keep this position in your feet and do a squatting movement.

Note: Keep your toes relaxed during this exercise.



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Lunge, Alignment

Stand in a split stance position with an exercise band around your front leg (under or above the knee) and attached firmly to the side so that the band pulls your knee inwards - this is the movement you are trying to resist.

Squat down and push back up. Consciously activate your buttock muscles to keep hip, knee and toes aligned.

Note: The shin of the front leg stays upright.



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Stand with the leg to be stretched on a footstool.

Flex your ankle and push the heel towards the footstool keeping your knee straight. Hold approx. 5 - 15 seconds and relax. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.



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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 20 seconds and relax. Stretch the other leg.

Progression of exercises



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Single-leg Chair Squat

Stand tall on one leg in front of a sturdy chair.

Squat down by moving hips backwards and down. Maintain neutral position in your spine. Foot stays flat on the floor and knee aligned with the toes. As soon as you can feel the seat under your buttocks push up back to standing.



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Anterior Step Down

Stand on a step, with your toes on the edge.

Take one leg in front and lower the heel towards the floor by squatting down with your other leg. Push back up.

Note:

- Keep hip, knee and 2nd toe aligned.
 - Keep your pelvis level.
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Single-leg Bridge

Lie on your back with knees bent.



Squeeze your buttocks, tilt your pelvis backwards. Lift your pelvis and straighten one knee keeping your thighs in line. Bend the knee, lower the foot on the floor and return to the starting position.



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Note: Keep your pelvis horizontal and your lower back in a neutral position.



Squat with Mini Band around Legs

Start by standing with a mini band around your knees (slightly above or under). Your legs are approximately hip-width apart or slightly wider and toes pointing forwards or slightly outwards. Arms can be crossed over chest or placed on your hips or they can move along with the squat.

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Squat down; move your hips back and bend your legs. Press your knees outwards against the resistance from the band to keep toes, ankles, knees and hips aligned. Feel the tension in your thighs and buttocks. Push back up to standing and straighten your knees and hips.
