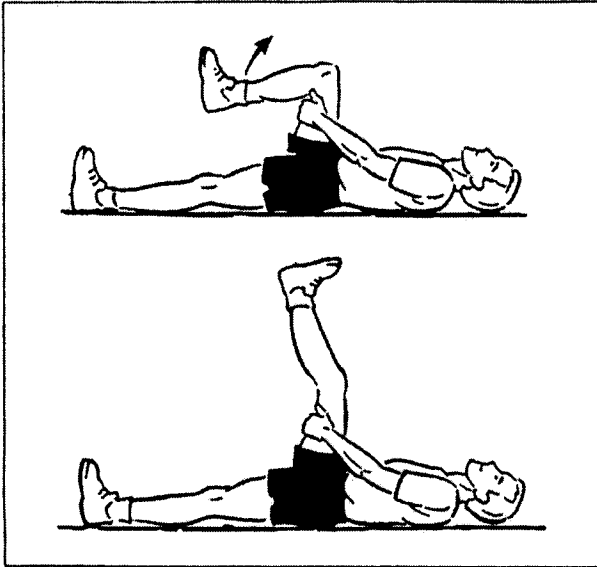


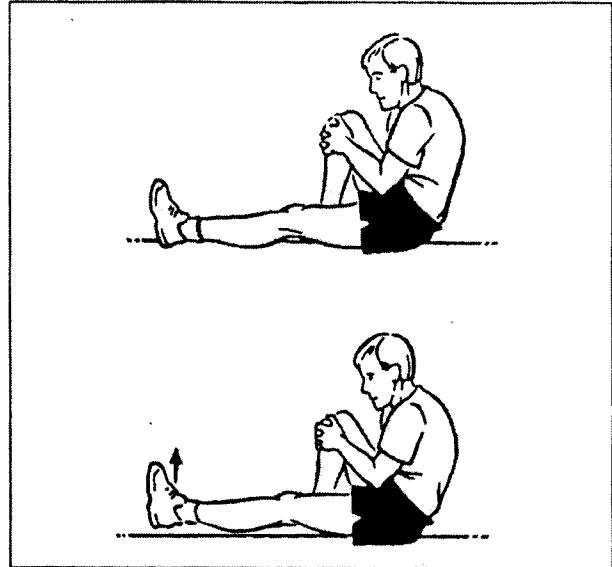


Patellofemoral syndrome rehab

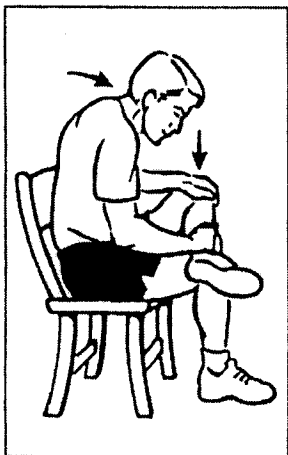
FROM
YOUR DOCTOR



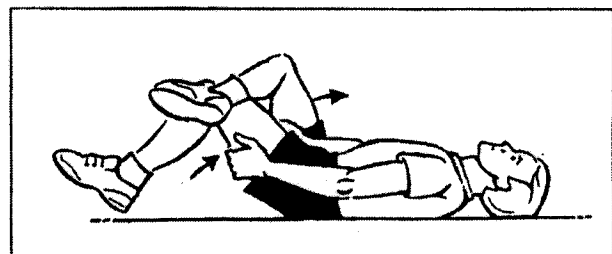
Hamstring stretch: Lie on your back. Bend your knee so that the thigh is straight up and down. Place your hands behind the thigh to keep the leg still. Straighten your knee until you feel a stretch. Hold for 20 seconds. Repeat two times, three times daily.



Vastus medialis oblique (VMO) exercises: Sit on the floor. Bend your uninjured knee. Sit forward and grab the knee. Rotate your other leg outward about 30-35 degrees. Tighten your thigh muscles, and lock your knee. Your heel should come up off the floor. Lift your leg 1 inch off the ground, keeping your knee locked. Hold for five seconds. Repeat 10 times, 2-3 times daily.



Iliotibial band (IT) stretch, sitting: Cross the leg to be stretched so that your ankle rests on the opposite thigh. Push down on the knee of the crossed leg, and lean forward. Hold for 20 seconds. Repeat two times, three times daily.



IT band stretch: Lie on your back. Bend one knee. Cross your other leg over so that it rests on the opposite thigh. Place your hands behind the opposite thigh, and pull that leg toward your chest until you feel a stretch in your buttocks. Hold for 20 seconds. Repeat two times, three times daily.

Source: Central Indiana Sports Medicine, Anderson, Ind.