

PFPS Exercises: 6-week program

Adapted from:
Boling, MC, Bolgla, LA, Mattacola, CG, Uhl, TL, Hosey, RG. Outcomes of a weight-bearing rehabilitation program for patients diagnosed with patellofemoral pain syndrome. *Archives of Physical Medicine and Rehabilitation*, 2006; 87(11):1428-1435.
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Exercise Instructions

1. Perform all exercises in a pain free range of motion (i.e. do not perform squats to a level of pain).
2. Perform all the stretches prior to performing the strengthening exercises.
3. Perform all exercises in a slow and controlled manner.

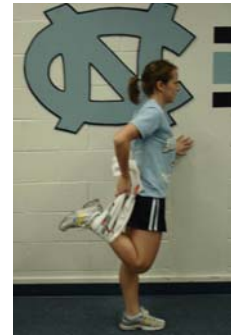
Hamstring Stretch (5x20sec)

- 1) Sit on stable surface (i.e. bed) with one leg out in front of you.
- 2) Bend forward towards knees keeping back straight.
- 3) You should feel a comfortable stretch in the back of your thigh.



Quadriceps Stretch (5x20 seconds)

- 1) Stand next to a wall or chair.
- 2) Wrap a towel around your ankle and pull your heel to your bottom using the towel.
- 3) You can use the wall or chair for support.
- 4) Alternate legs when stretching.
- 5) You should feel a comfortable stretch in the front of your thigh.



Calf Stretch (5x20 seconds)

- 1) Place a book approximately 2-in. high next to a wall.
- 2) Lift front of foot so that your arch is on the book and heel is on the ground.
- 3) Lean forward over ankle.
- 4) You should feel a comfortable stretch in the back of your lower leg.



Week 1

- Wall Slide
- Single Leg Heel Raises
- Lateral Step-Downs
- Thera-Band Front Pull

Wall Slide (15x5 sec.)

- 1) Hips and back flat against a wall
- 2) Feet placed 1.5 ft from the wall
- 3) Feet shoulder-width apart
- 4) Toes pointed forward
- 5) Hands placed on thighs
- 6) Bend at the knees to a point that is comfortable
- 7) Do not let your knees go over your toes



Single Leg Heel Raises (3x10)

- 1) Stand next to a wall or chair for support when performing the exercises
- 2) Toes pointed forward
- 3) Knee in a straight comfortable position but not locked
- 4) Hips should be kept level (do not let one side drop)
- 5) Balance on one leg
- 6) Raise up on toes as high as you can



Lateral Step-Downs (3x10)

- 1) Use books to make a 4-in. high step
- 2) Place one foot on the books
- 3) Hips should be kept level (perform in front of mirror to watch hips)
- 4) Back straight and eyes looking forward
- 5) Bend at knee to touch heel to ground
- 6) Hands can be held at your side



Thera-Band Front Pull (3x10)

- 1) Tie thera-band around a secure object (i.e. table)
- 2) Put the other end of thera-band around your ankle of your "good" leg
- 3) Step forward to put tension on the thera-band
- 4) Toes pointed forward
- 5) Hips should be kept level
- 6) Back straight and eyes looking forward
- 7) Balance on "bad" leg
- 8) Pull thera-band forward
- 9) Perform exercise to a 1-2 count



Week 2

- Wall Slide with Thera-Band
- Single Leg Heel Raises on Foam
- Lateral Step-Downs
- Thera-Band Diagonal Pull

Wall Slide with Thera-Band (15x5 sec.)

- 1) Place thera-band slightly above knees
- 2) Hips and back flat against a wall
- 3) Feet placed 1.5 ft from the wall
- 4) Feet shoulder-width apart
- 5) Resistance should be kept on the thera-band during exercise
- 6) Toes pointed forward
- 7) Hands placed on thighs
- 8) Bend at the knees to a point that is comfortable
- 9) Do not let your knees go over your toes



Single Leg Heel Raise on Foam (3x10)

- 1) Stand next to a wall or chair for support when performing this exercise
- 2) Stand on foam pad
- 3) Toes pointed forward
- 4) Knee in a straight comfortable position but not locked
- 5) Hips should be kept level (do not let one side drop)
- 6) Balance on one leg
- 7) Raise up on toes as high as you can



Lateral-Step Downs (3x10)

- 1) Use books to make a 6-in. high step
- 2) Place one foot on the books
- 3) Hips should be kept level (perform in front of mirror to watch hips)
- 4) Back straight and eyes looking forward
- 5) Bend at knee to touch heel to ground
- 6) Hands can be held at your side



Thera-Band Diagonal Pull (3x10)

- 1) Tie thera-band around a secure object (i.e. table)
- 2) Put the other end of thera-band around ankle of your "good" leg
- 3) Step forward to put tension on the thera-band
- 4) Toes pointed forward
- 5) Hips should be kept level
- 6) Back straight and eyes looking forward
- 7) Balance on "bad" leg
- 8) Pull thera-band forward in a diagonal motion
- 9) Perform exercise to a 1-2 count



Week 3

- Wall Slide on Foam
- Mini Squat
- Lateral Step-Down with Thera-Band
- Single Leg Stance with Ball Toss

Wall Slide on Foam (5x15 sec.)

- 1) Place thera-band slightly above knees
- 2) Hips and back flat against a wall
- 3) Stand on foam pad
- 4) Feet placed 1.5 ft from the wall
- 5) Feet shoulder-width apart
- 6) Resistance should be kept on the thera-band during exercise
- 7) Toes pointed forward
- 8) Hands placed on thighs
- 9) Bend at the knees to a point that is comfortable
- 10) Do not let your knees go over your toes



Mini Squat (3x10)

- 1) Feet shoulder-width apart
- 2) Keep weight on heels when performing exercise
- 3) Bend at knees to a comfortable level
- 4) DO NOT LET YOUR KNEES GO OVER YOUR TOES
- 5) Raise arms as you bend at knees



Lateral Step-Down with Thera-Band (3x10)

- 1) Use books to make a 4-in. high step
- 2) Tie thera-band around a secure object
- 3) Put other end of thera-band slightly above knee on step (thera-band should be pulling forward)
- 4) Place one foot on the books
- 5) Hips should be kept level (perform in front of mirror to watch hips)
- 6) Back straight and eyes looking forward
- 7) Bend at knee to touch heel to ground
- 8) Hands can be held at your side



Single Leg Stance with Ball Toss (3x20 tosses)

- 1) Stand approximately 3 ft. away from a wall
- 2) Stand on foam pad
- 3) Toes pointed forward
- 4) Knee in a slightly bent position
- 5) Hips should be kept level (do not let one side drop)
- 6) Balance on one leg
- 7) Toss ball against a wall

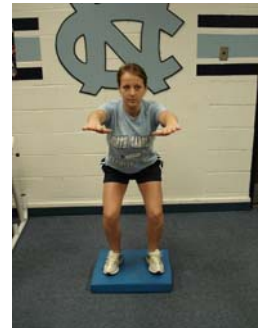


Week 4

- Mini Squat on Foam
- Lateral Step-Down with Thera-Band
- Backward Walk with Thera-Band
- Forward Lunges on a Step

Mini Squat on Foam (3x10)

- 1) Feet shoulder-width apart
- 2) Stand on foam pad
- 3) Keep weight on heels when performing exercise
- 4) Bend at knees to a comfortable level
- 5) DO NOT LET YOUR KNEES GO OVER YOUR TOES
- 6) Raise arms as you bend at knees



Lateral-Step Down with Thera-Band (3x10)

- 1) Use books to make a 6-in. high step
- 2) Tie thera-band around a secure object
- 3) Put other end of thera-band slightly above knee on step (thera-band should be pulling forward)
- 4) Place one foot on the books
- 5) Hips should be kept level (perform in front of mirror to watch hips)
- 6) Back straight and eyes looking forward
- 7) Bend at knee to touch heel to ground
- 8) Hands can be held at your side



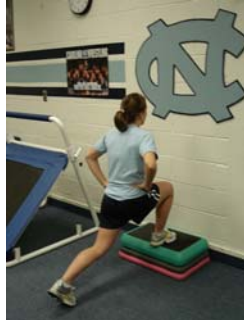
Backward Walk with Thera-Band (3x10)

- 1) Place thera-band slightly above ankles
- 2) Feet slightly greater than shoulder-width apart
- 3) Bend at knees and hips (mini squat position)
- 4) Take small steps backwards
- 5) Resistance on thera-band should be held throughout motion



Forward Lunges on a Step (3x10)

- 1) Place books in front of wall at a height of 8-in.
- 2) Stand approximately 4-ft from step
- 3) Toes pointed forward
- 4) Lunge onto step then bend front knee to comfortable position
- 5) **DO NOT LET YOUR KNEES GO OVER YOUR TOES**



Week 5

- Single Leg Mini Squat
- Lateral Step-Down with Thera-Band on Foam
- Lateral Slides with Thera-Band
- Forward Lunges on a Step with Push-Off

Single Leg Mini Squat (3x10)

- 1) Balance on one foot
- 2) Keep weight on heel when performing exercise
- 3) Bend at knee to a comfortable level
- 4) **DO NOT LET YOUR KNEE GO OVER YOUR TOES**
- 5) Raise arms as you bend at knees
- 6) Perform exercise next to a chair for support if needed



Lateral Step-Down with Thera-Band on Foam (3x10)

- 1) Use books to make a 2-in. high step
- 2) Place foam pad on step
- 3) Tie thera-band around a secure object
- 4) Put other end of thera-band slightly above knee on step (thera-band should be pulling forward)
- 5) Place one foot on the books
- 6) Hips should be kept level (perform in front of mirror to watch hips)
- 7) Back straight and eyes looking forward
- 8) Bend at knee to touch heel to ground
- 9) Hands can be held at your side



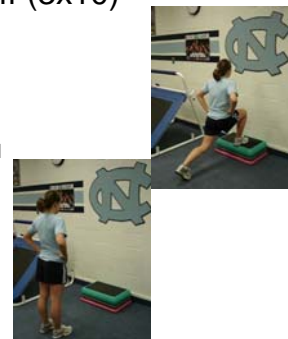
Lateral Slides with Thera-Band (3x10 to the left and right)

- 1) Place thera-band slightly above ankles
- 2) Feet slightly greater than shoulder-width apart
- 3) Bend at knees and hips (mini squat position)
- 4) Take small steps to the right for 10 steps and to the left for 10 steps
- 5) Resistance on thera-band should be held throughout motion



Forward Lunges on a Step with Push-Off (3x10)

- 1) Place books in front of wall at a height of 8-in.
- 2) Stand approximately 4-ft from step
- 3) Toes pointed forward
- 4) Lunge onto step then bend front knee to comfortable position
- 5) Push-off step after each lunge to starting position
- 6) **DO NOT LET YOUR KNEES GO OVER YOUR TOES**



Week 6

- Single Leg Mini Squat on Foam
- Lateral Step-Down with Thera-Band on Foam
- Monster Walks with Thera-Band
- Forward Lunges

Single Leg Mini Squat on Foam (3x10)

- 1) Balance on one foot on foam pad
- 2) Keep weight on heel when performing exercise
- 3) Bend at knee to a comfortable level
- 4) **DO NOT LET YOUR KNEE GO OVER YOUR TOES**
- 5) Raise arms as you bend at knees
- 6) Perform exercise next to a chair for support if needed



Lateral Step-Down with Thera-Band on Foam (3x10)

- 1) Use books to make a 4-in. high step
- 2) Place foam pad on step
- 3) Tie thera-band around a secure object
- 4) Put other end of thera-band slightly above knee on step (thera-band should be pulling forward)
- 5) Place one foot on the books
- 6) Hips should be kept level (perform in front of mirror to watch hips)
- 7) Back straight and eyes looking forward
- 8) Bend at knee to touch heel to ground
- 9) Hands can be held at your side



Monster Walks with Thera-Band (3x10)

- 1) Place thera-band slightly above ankles
- 2) Feet slightly greater than shoulder-width apart
- 3) Bend at knees and hips (mini squat position)
- 4) Take a step forward and out
- 5) Resistance on thera-band should be held throughout motion



Forward Lunges (3x10)

- 1) Toes pointed forward
- 2) Lunge onto level ground then bend both knees to a comfortable position
- 3) Push-off after each lunge back to starting position
- 4) **DO NOT LET YOUR KNEES GO OVER YOUR TOES**

