

Patellofemoral Pain Syndrome

Pain around or behind the kneecap with stairs, squatting or prolonged sitting. Combined hip and knee strengthening beats knee work alone.

KNEE • KNEECAP

1



Step-Down

3 × 10 each leg

- Lower the other heel slowly to the floor.
- Knee stays over the 2nd toe.

2

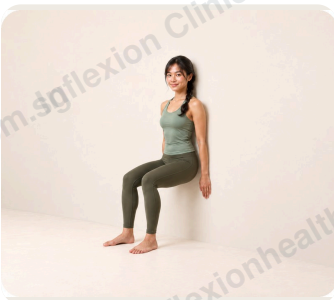


Mini Squat

3 × 10–15

- Bend to 45°, weight in the heels.
- Knees over toes, not inward.

3



Wall Sit

5 × 20 sec

- Back on the wall; slide to a comfortable knee bend.
- Stay above the pain range.

4



Side-Lying Hip Abduction

3 × 12 each side

- Lift the straight top leg, toes forward.
- Slow lower, 3 sec.

5



Clam

3 × 15 each side

- Side-lying, knees bent; lift the top knee.
- Hips stacked; don't roll back.

6



Glute Bridge

3 × 12

- Squeeze buttocks, lift hips.
- Knees stay hip-width.

HOW OFTEN

Strength 3–4× per week for 6–12 weeks, progressing load. Combine with activity modification early.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Locking, giving way, or a swollen knee after injury — contact us.