

5 BEST EXERCISES FOR **Patellofemoral Pain**

Your guide to
patellofemoral pain
and what to do about it

 **Peach**
Physiotherapy
& Wellness Centre



5 Best Exercises For Patellofemoral Pain

➔ Hip Thrusts



3 important points to remember when completing a Hip Thrust are:

- Avoid arching your back - the movement is a hip hinge movement, think about bending at your waist
- Squeeze your butt muscles throughout the movement
- Avoid tipping your head back and forth - the majority of the movement is at the hip, everything else is relatively still

➔ Side Lying Hip Abduction



3 important points to remember when completing this exercise

- Keep your pelvic rolled forwards - it's common for people to lean back as they get tired
- Your foot always points forward - don't let it twist towards the ceiling
- Maintain a smooth and controlled pace

Adding a resistance band around your ankles can make this one tougher!



If you're checking out this eBook, you probably know all too well about that pesky knee pain that feels like it's right at your knee cap. You might have heard it referred to it as **patellofemoral pain** and it's a super common injury in active people of all ages.

So what exactly causes patellofemoral pain? Here are a few of the most common contributing factors...

- A *sudden increase* in demands of on the knee and surrounding muscles (ie. just started running, walking or a new sport season)
- *Growth spurts* in young athletes
- *Muscle strength and length imbalances*
- *Degenerative changes*
- *Sarcopenia* - age related muscle loss

Luckily, patellofemoral pain can be easily managed with the right guidance. Your physiotherapist or chiropractor can help you with...

- Setting up an individualized, progressive strengthening and stretching program
- Identifying training errors
- Putting together a comprehensive warm up protocol
- Teaching taping techniques to off-load the patella

Remember, it's easy to come up with exercises for a condition, but it's our job to give you the right exercises at the right time. If you're suffering from knee pain, give us a call and we'll get you back on track!

5 BEST EXERCISES FOR ATHLETIC KNEE PAIN

➔ Bulgarian Split Squats



There are 4 key points to remember when performing the Bulgarian Split Squat:

- Smooth and controlled movement - follow a 3 second up, 2 seconds down pace
- Drop straight down, not towards the front leg
- Keep your knee cap centered on your foot - avoid letting it drop inside or outside the foot
- Your chest stays up - keep your body tall throughout

➔ Hamstring Sliders



3 main teaching points when it comes to completing a Hamstring Slider exercise:

- Keep your butt high! Try to keep your hips in the air throughout the exercise
- The slower the better - this really challenges the muscles
- Recognize when things are too hard - pay attention to form - this is a hard exercise and there's no use in doing sub-par reps

Progressing to a 2 up, 1 down hamstring slider is a good way to make this exercise a bit tougher!

➔ Single Leg Heel Raises



4 points to remember when performing a calf raise:

- No rocking your body - the motion is straight up towards the ceiling
- No turning the foot outwards - keep your ankle straight as you raise up
- Slow is the way to go - count 3 seconds up, 2 seconds down
- Toes are long and flat throughout - avoid gripping the floor with your toes if possible