

Kneecap Pain Program



PULL THE HEEL IN TOWARDS BUTTOCKS UNTIL A COMFORTABLE STRETCH IS FELT IN FRONT OF THIGH.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



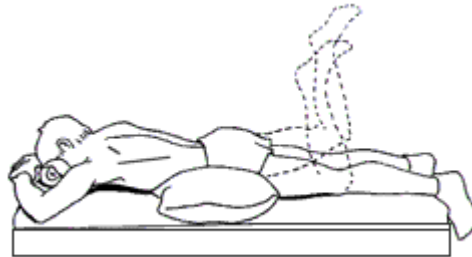
KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE 1/3 BENT. KEEP BACK FLAT.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



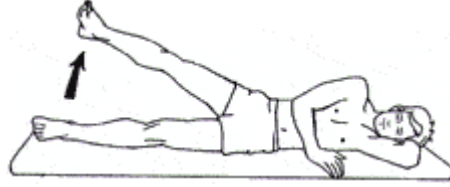
STEP DOWN IN FRONT OFF A 2-8 INCH STEP USING THE INVOLVED LEG AND TOUCHING YOUR HEEL OF THE UNINVOLVED LEG ON THE FLOOR. SLOWLY RETURN TO THE STARTING POSITION.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR STOMACH AND KEEPING YOUR LEG BENT RAISE YOUR THIGH 8-10 INCHES OFF THE FLOOR TAKING CARE NOT TO ARCH YOUR LOW BACK.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR SIDE TIGHTEN THE MUSCLES IN THE FRONT OF YOUR THIGH AND LIFT THE LEG 8-10 INCHES OFF THE GROUND.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day