

## KNEE EXERCISES

# EXERCISES FOR PATELLOFEMORAL PAIN

### SEATED KNEE EXTENSION EXERCISE



Sit in a chair. Lift your foot off the floor and extend your knee as far as possible. Hold for 5 seconds. Switch legs.

**Perform:**

- 10 repetitions.
- 3 sets.

**Goals:**

- Targeted quadriceps strengthening.
- Improve joint balance and knee stability.

## EXERCISE OF GETTING UP FROM A CHAIR



Sitting in a chair. Lean your torso forward and extend your knees until you are standing.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Targeted quadriceps strengthening.
- Improve joint balance and knee stability.

## SUPPORTED SQUAT EXERCISE



Stand with your back against a wall. Lower yourself by bending your knees and hips. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Strengthen your quadriceps, glutes, and hamstrings.
- Core stabilization.
- Improve postural control.

## HEEL RAISE EXERCISE



Stand facing a wall. Press both hands against the wall. Lift your heels off the floor without bending your knees. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Strengthen calves and soleus muscles.

## STANDING HIP FLEXOR STRETCH



Stand facing a wall. Bend your knee and grab the ankle of the leg you want to stretch. Bring your heel toward your glutes and your knee back until you feel a stretch. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of your stretch, **but you should never feel pain.**

### Goals:

- Relieve tension and stiffness in the front of the hip.
- Improve posture and prevent pelvic anteversion.
- Improve joint balance and hip flexibility.

## SIDE-LYING LEG RAISE EXERCISE



Lie on your side with the leg you want to stretch facing upward. Raise your leg straight, without bending it, about 30-40 cm. Hold for 5 seconds.

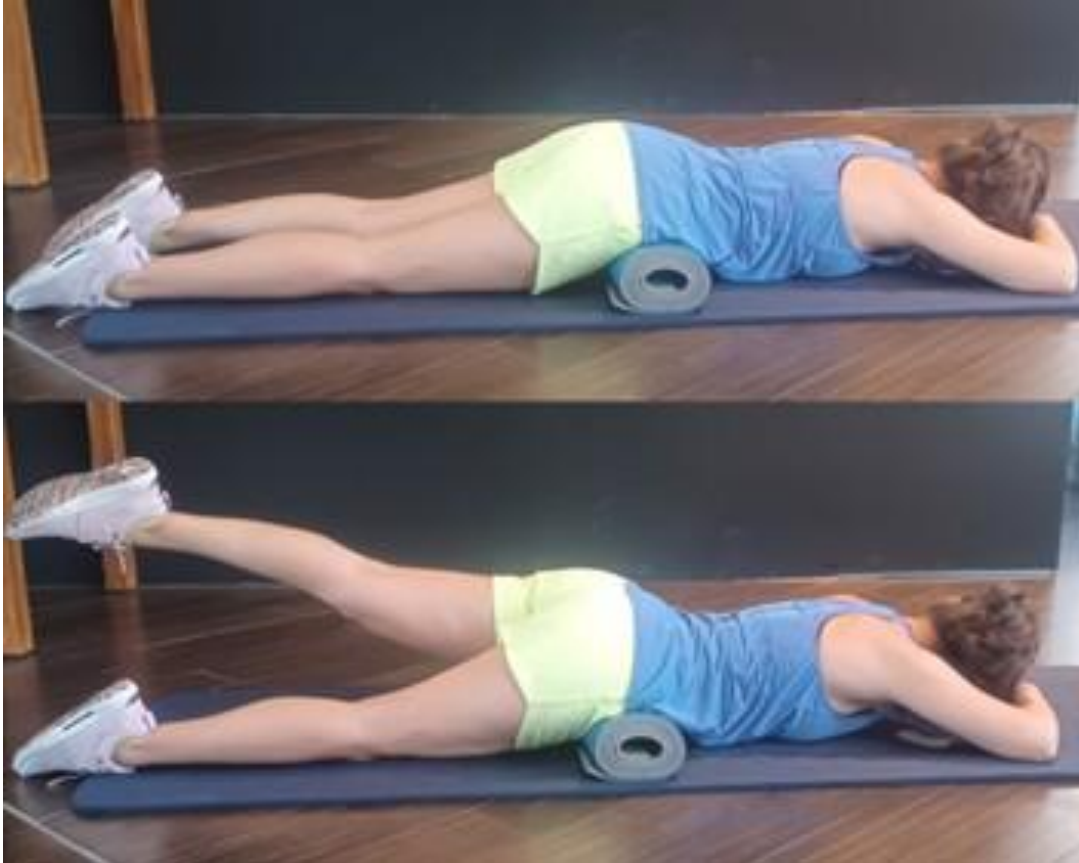
**Perform:**

- 10 repetitions.
- 3 sets daily.

**Goals:**

- Strengthening of the hip abductors, especially the tensor fascia latae.
- Improved pelvic and hip stability.

## LYING HIP EXTENSION EXERCISE



Lying face down. Roll your lower abdomen. Extend one leg upward without bending your knee or rotating your hip. Hold for 5 seconds.

### Performance:

- 10 repetitions.
- 3 sets.

### Goals:

- Strengthening of hamstrings and gluteus maximus.
- Improved pelvic and lumbar spine stability.

## HAMSTRING STRETCH ON THE FLOOR



Lie on your back. Arms flat on the floor, parallel to your body. Flex one hip, raising your leg with your knee extended as far as possible until you feel a stretch. Hold your thigh with your arms. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of your stretch, **but you should never feel pain**. Switch legs.

### Goals:

- Improve hamstring flexibility.
- Relieve tension in the lower back.
- Improve pelvic positioning and hip joint balance.

[Book an appointment with Dr. Jordi Jiménez.](#) He will see you at the center of Palma de Mallorca and help you regain your quality of life.