Patellofemoral pain — Exercises at home

Build hip and knee strength together and increase loading gradually.

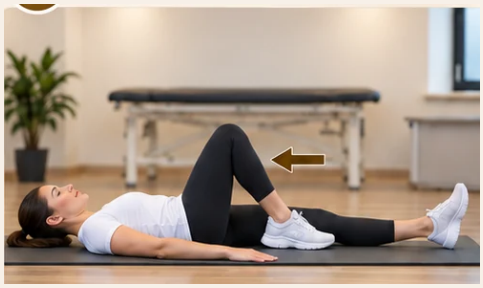

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Quadriceps setting

Lying down, tighten the front thigh and gently press the knee towards the support, then relax.

Starting amount: 6–8 × · 5 s

02 Clamshell

Lie on your side with knees bent and feet together. Open the top knee slightly without rolling the pelvis back.

Starting amount: 6–10 ×

03 Side-lying leg raise

Lie on your side. Raise the top straight leg a little without turning the hip backwards.

Starting amount: 6–10 ×

04 Sit to stand

Stand up slowly from a stable chair and sit down with control; use your hands if needed.

Starting amount: 6–10 ×

05 Mini squat

Hold a stable support, shift the hips slightly back, bend the knees a little and return upright.

Starting amount: 6–10 ×

06 Low step-up

Use a handrail, step onto a low step and return slowly. Do not let the knee cave inward.

Starting amount: 6–8 ×

Safety & when to stop

Reduce the range or intensity if pain clearly increases during activity or the next day.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.