UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 20 seconds. Repeat with other heel.

Repeat 5 times.
Do 2-3 sessions per day.

HAMSTRINGS - 3 Head to Knee

With hands on ankle, pull head toward knee and hold 20 seconds. Repeat with other leg.

Repeat 5 times. Do 2-3 sessions per day.

HAMSTRINGS - 8 Forward Bend, Elevated

With foot on chair or stool, lean forward until stretch is felt. Hold 20 seconds. For more stretch, place foot on higher plane.

Repeat 5 times.
Do 2-3 sessions per day.

LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 20 seconds. Repeat with other leg.

Repeat 5 times.
Do 2-3 sessions per day.

HIP / KNEE - 19 Strengthening: Straight Leg Raise (Phase 3)

Resting on hands, tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session. Do 10 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)

Tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session. Do 10-15 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)

Tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session.
Do 10 sessions per day.

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric

With ball or folded pillow between knees, squeeze knees together. Hold 10-15 seconds.

Repeat 10 times per set. Do 3 sets per session. Do 10-15 sessions per day.

REHAB: LOWER EXTREMITY - 6 Hip Abduction: Side-Lying (Single Leg)

Lie on side with knees bent, tubing around thighs just above knees. Raise top leg, keeping knee bent.

Repeat 15 times per set. Do 3 sets per session. Do 3-4 sessions per week.

HIP / KNEE - 18 Strengthening: Straight Leg Raise (Phase 3)

Resting on hands, tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session. Do 10 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)

Tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session. Do 10-15 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)

Tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Repeat 10-15 times per set. Do 3 sets per session.
Do 10 sessions per day.

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric

With ball or folded pillow between knees, squeeze knees together. Hold 10-15 seconds.

Repeat 10 times per set. Do 3 sets per session. Do 10-15 sessions per day.

REHAB: LOWER EXTREMITY - 6 Hip Abduction: Side-Lying (Single Leg)

Lie on side with knees bent, tubing around thighs just above knees. Raise top leg, keeping knee bent.

Repeat 15 times per set. Do 3 sets per session. Do 3-4 sessions per week.
REHAB: LOWER EXTREMITY - 12
Knee Extension: Sitting (Single Leg)

Sitting, face away from anchor, knee flexed, tubing looped around foot. Extend knee.

Repeat 10 times per set.
Do ___ sets per session.
Do ___ sessions per week.

Anchor Height: Mid-shin

HIP / KNEE - 76 Knee Extension (Sitting)

Place ___ pound weight on right ankle and straighten knee fully, lower slowly.

Same as previous exercise just depends on what piece of equipment you have a band or ankle weight.

Repeat 10-15 times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 20-30 seconds. Tighten thigh muscles and return.

Repeat 10 times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or ____ inch stool. Slowly bend right leg, lowering other foot to floor. Return by straightening front leg.

Repeat 15-20 times per set.
Do ___ sets per session.
Do ___ sessions per day.

LUNGE - 1 Anterior

Stand with equal weight on both feet. Lunge with right leg along A direction and return ___ times.

Repeat ___ reps.
Do ___ times per day.

HIP / KNEE - 79 Deep Squat

Stand with feet shoulder width apart and squat deeply, head and chest up.

Repeat 10 times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 56 Hip Hike

Stand on step, right leg off step, knee straight. Raise unsupported hip, keeping knee straight.

Repeat 10-15 times per set.
Do ___ sets per session.
Do ___ sessions per day.

Also make sure to ice the knee after activity or when it hurts. You can freeze dixie cups and then peel back the cup and do an ice massage over the area.

Also you can try a Cho-Pat Patella strap or a Tendonitis Patella strap which is placed under the knee cap and above the tibial tuberosity (bump below the knee cap).