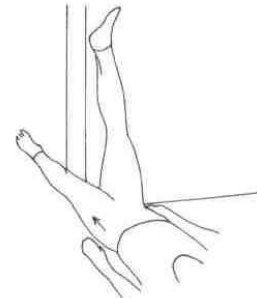


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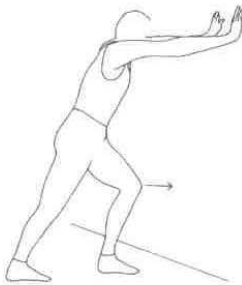
Patellar (Kneecap) Subluxation Rehabilitation Exercises

You may do all of these exercises right away. It is important to stretch the muscles in the back of your leg. It is also important to strengthen the muscles on the top of your thigh so your kneecap won't sublux again.

1. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs straight out in front of you along the floor. Raise the injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat 3 times.

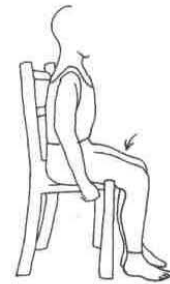


Hamstring stretch



Calf stretch

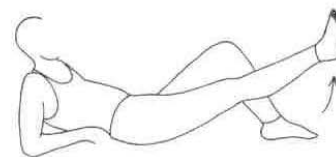
2. Standing calf stretch: Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn the foot on your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.



Quadriceps set

3. Quadriceps set: Sit on the floor with the injured leg straight. Press the back of your knee down toward the floor while tightening the muscles on the top of your thigh. Concentrate on tightening the muscles on the inner side of your kneecap. Hold this position for 5 seconds. Repeat 20 times.

4. Straight leg raise: Sit on the floor with the injured leg straight and the other leg bent, foot flat on the floor. Pull the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6 to 8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat this 10 times. Do 3 sets of 10.



Straight leg raise

5. Prone hip extension: Lie on your stomach. Squeeze your buttocks together and raise the injured leg as far as you can comfortably, while keeping your back straight. Hold this leg in the air for 5 seconds and then lower it. Repeat 20 times.



Prone hip extension

6. Weight lifting - leg extension: Do these if you have access to a weight lifting bench with a leg extension attachment. Sit on the bench with the weight attachment in front of your lower legs. Extend your knees by straightening your legs. Be sure your legs straighten completely. The last 15 degrees of extension are the most important. Use enough weight to cause fatigue but not pain. Do three sets of 10.

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