

Patellofemoral Pain Syndrome Exercises



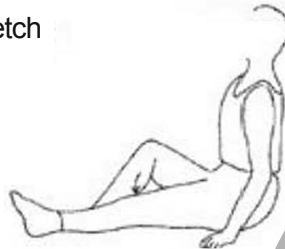
Hamstring stretch



Patellar mobility



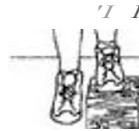
Quadriceps stretch



Quadriceps isometrics



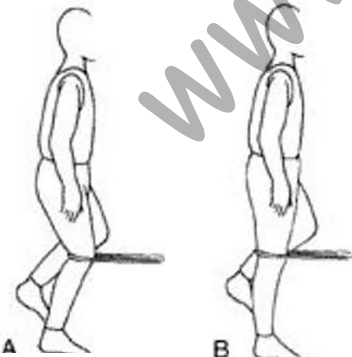
Straight leg raise



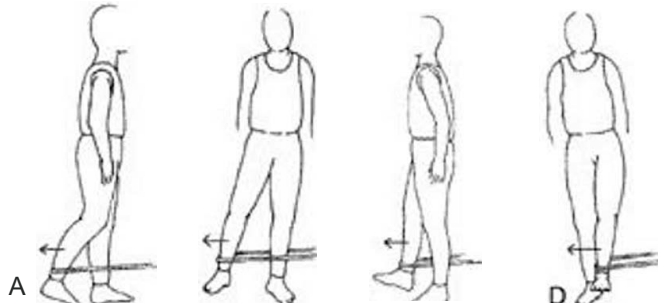
Step-up



Wall squat with ball



Resisted knee extension



Knee stabilization