

Kneecap (Prepatellar) Bursitis Rehabilitation Exercises



Hamstring stretch on wall



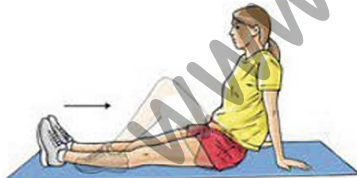
Standing calf stretch



Quadriceps stretch



Quad sets



Heel slide



Straight leg raise



Side-lying leg lift



Wall squat with a ball