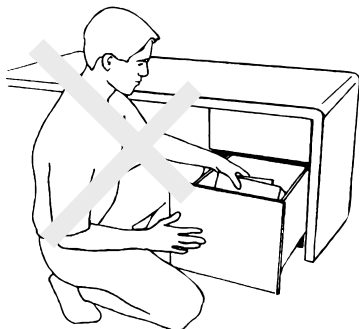


## Patellofemoral Pain Initial Management

Below please find a sample of early techniques to manage Patellofemoral Pain. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

### Modify activities which increase compression on your knee cap.



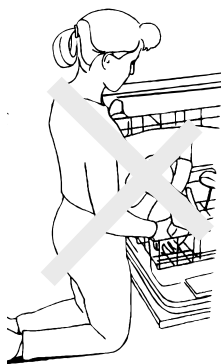
Avoid positions which require full knee bend.



Avoid sitting on your feet.



Avoid DEEP Squats.

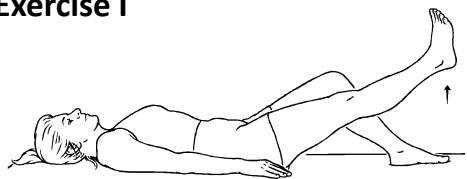


Avoid kneeling



Increase the cycle's seat height and decrease the tension on the pedals.

### Exercise I



Lie on your back with the opposite knee bent. Tighten the thigh muscle on the straight leg. Lift the leg up 8 inches keeping the knee straight. Hold 5 seconds. Repeat 5 to 15 times daily.

### Exercise II



Stand with you feet and knees hip width apart. Lower your body and perform a **MINI knee bend**. Hold 5 seconds. Push up with your legs. Repeat 5 to 15 times daily.

**For further management see your physiotherapist or physician.**