

Chondromalacia Patella Exercise Program

Instructions: Perform these exercises once per day. Start without added resistance and progress gradually. Stop any exercise that increases pain.

1. Hamstring Stretch

- Lie on your back with one leg straight. Loop a strap around your foot.
- Keep your knee straight and gently pull your leg toward your chest.
- Hold 20 seconds, repeat 5 times.

2. Prone Quadriceps Stretch

- Lie on your stomach. Loop a strap around your ankle.
- Pull your heel toward your butt until you feel a stretch on the front of your thigh.
- Hold 10 seconds, repeat 10 times.

3. Bridges with Band

- Lie on your back with knees bent and feet flat.
- Lift hips off the floor, squeeze glutes, hold 3 seconds, then lower.
- Repeat 10–20 times for 2 sets. Optional: add a band above knees for resistance.

4. Straight Leg Raise

- Lie on your back with one leg straight and the other bent.
- Tighten the front thigh muscle and lift the straight leg to the height of the bent knee.
- Lower slowly. Complete 10 repetitions for 2 sets.

5. Side-Lying Clams

- Lie on your side with knees bent, feet together.
- Lift top knee toward ceiling without moving hips.
- Hold 3 seconds, repeat 15 times for 2 sets. Optional: add a band around knees.

6. Long Arc Quad

- Sit on a chair or edge of bed, knees bent.
- Slowly straighten one leg fully, hold 1 second, then lower.
- Repeat 20 times for 2 sets. Optional: add ankle weights.

7. Sidesteps with Band

- Place a resistance band above knees, bend slightly at hips and knees.
- Step sideways 15 steps, then back 15 steps. Repeat 3 sets.

8. Step-Downs

- Stand on a step with affected leg. Hold onto support.
- Slowly lower opposite heel to floor, then return.
- Repeat 10 times for 2 sets.

9. Calf Stretch on Slant Board

- Place toes on slant board, heels down, knees straight.
 - Lean forward until you feel stretch in calves.
 - Hold 20 seconds, repeat 5 times.
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Exercise Tracker

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