

# Prepatellar Bursitis Home Exercise Program

**Perform this program once daily unless otherwise instructed.  
Exercises should not increase pain or swelling.**

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## 1. Straight Leg Raise

### **How to perform:**

Lie on your back with one leg straight and the other bent. Tighten your thigh muscle, keep your leg straight, and lift it until it reaches the height of your opposite knee. Lower slowly.

**Reps/Sets:** 10 reps × 2 sets

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## 2. Heel Slides

### **How to perform:**

Lie on your back with a strap around your foot. Gently pull your heel toward your butt until you feel a mild stretch. Hold, then return to start.

**Hold/Reps:** Hold 10 seconds × 10 reps

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## 3. Calf Stretch

### **How to perform:**

Lie on your back with your leg straight. Use a strap to pull your toes toward your nose until you feel a stretch in your calf.

**Hold/Reps:** Hold 20 seconds × 5 reps

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## 4. Hamstring Stretch

**How to perform:**

Lie on your back with a strap around your foot. Lift your leg upward while keeping your knee straight until you feel a stretch in the back of your thigh.

**Hold/Reps:** Hold 20 seconds × 5 reps

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**5. Quad Sets****How to perform:**

Lie on your back with a small towel under your ankle. Tighten your thigh muscle and press the back of your knee toward the table. Hold, then relax.

**Hold/Reps:** Hold 3 seconds × 20 reps

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**6. Bridges****How to perform:**

Lie on your back with knees bent and feet flat. Lift your hips while squeezing your glutes. Hold briefly at the top, then lower.

**Reps/Sets:** 10 reps × 2 sets

*(Progress with a resistance band as tolerated)*

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