



Patellofemoral Pain Syndrome Exercise Program

Physical Therapy Simplified

By Andrew Harkins PT, DPT, OCS, COMT, CSCS

Frequency: Perform all exercises once or twice daily unless otherwise noted.
Stop any exercise that causes sharp pain, catching, or increased knee swelling.

◆ Stretching Exercises

1. Hamstring Stretch

Dosage: Hold 20 sec · Repeat 5 times

How to Perform:

- Lie on your back and loop a strap around your foot
- Keep knee straight and lift until a stretch is felt
- Hold, then slowly lower

2. Prone Quad Stretch

Dosage: Hold 10 sec · Repeat 10 times

How to Perform:

- Lie on your stomach and bend your knee
- Bring heel toward buttock using a strap if needed
- Hold, then relax

3. Calf Stretch

Dosage: Hold 20 sec · Repeat 5 times

How to Perform:

- Stand facing a wall with one foot back
 - Keep heel down and lean forward
 - Hold, then relax
-

◆ Strengthening Exercises

4. Long Arc Quad

Dosage: 20 reps · 2 sets

How to Perform:

- Sit upright with your thigh supported
- Straighten your knee fully
- Lower slowly

5. Sidelying Clams

Dosage: 10 reps, 3 second hold · 2 sets

How to Perform:

- Lie on your side with knees bent
- Lift top knee while keeping feet together
- Lower with control

6. Goblet Squats

Dosage: 10 reps · 3 sets

How to Perform:

- Hold a weight at your chest
 - Squat while keeping knees aligned
 - Return to standing
-

◆ Higher Level Strengthening

7. Sidesteps with Band

Dosage: 15 steps each direction · 3 sets

How to Perform:

- Place a band around knees or ankles
- Step sideways while maintaining tension
- Keep knees from collapsing inward

8. Step-Downs

Dosage: 10 reps · 2 sets

How to Perform:

- Stand on a step
- Lower opposite heel slowly
- Return to start

9. Single Leg RDL

Dosage: 10 reps · 2 sets

How to Perform:

- Stand on one leg
 - Hinge at the hips keeping your back straight
 - Return to upright
-

