

PATELLOFEMORAL PAIN SYNDROME

FOAM ROLL



DESCRIPTION

Lay on your affected side with foam roll at the level of your hips. Using your arms and non-affected leg roll your affected leg up the foam roll. Return to starting position and repeat.

PERFORM 3 SETS OF 10 REPS

PERFORM 2-3 TIMES DAILY



PRETZEL STRETCH



DESCRIPTION

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

HOLD 20 SECONDS

REPEAT 3 TIMES

PERFORM 2-3 TIMES DAILY