

Straight Leg Raise

Lie on your back with your legs straight out in front of you. Bend the knee on your uninjured side and place the foot flat on the floor. Tighten the thigh muscle of the other leg and lift it about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do 3 sets of 15.



Step Ups

Stand with the foot of your injured leg on a support (like a small step or block of wood) 3 to 5 inches high. Keep your other foot flat on the floor. Shift your weight onto your injured leg on the support straighten your knee as the other leg comes off the floor. Lower your leg back to the floor slowly. Do 3 sets of 15.



Sidelying Hip Abduction

Lying on your uninjured side, tighten the front thigh muscles on your top leg and lift that leg 8 to 10 inches away from the other leg. Keep the leg straight and lower slowly. Do 3 sets of 15.



Wall Squats

Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 2 feet away from the wall and a shoulder's width apart. Place a ball behind your back. Keeping your back upright, slowly squat down to a 45-degree angle. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Repeat 10 times. Build up to 3 sets of 10.



For more information or further assistance contact the Physical Therapy clinic at 747-5555 / 701-747-5555

319th MDG

Patellofemoral Syndrome (Runner's Knee)



Family Health—747-5601

What is Patellofemoral Syndrome?

Patellofemoral pain is a common knee problem. If you have this condition, you feel pain under and around your kneecap. The pain can get worse when you're active or when you sit for a long time. You can have the pain in one or both knees.

The exact cause of patellofemoral pain isn't known but is thought to occur when the patella (kneecap) rubs against the end of the femur (thigh bone) as the knee moves which causes pain.

How can I treat Patellofemoral Syndrome?

- **Take a break** from physical activity that causes a lot of pounding on your legs, such as running, volleyball or basketball. If you want to keep exercising, try swimming or another low-impact activity. You may want to try working out on nonimpact elliptical trainers, which are popular at gyms. Because these machines support your body weight, they put less stress on your knees. As your knees feel better, you can go back to your normal sports. But do this slowly, increasing the amount of time you do the sports activity a little at a time.

- **Talk to your doctor** about footwear. It may help to bring your shoes in for the doctor to see. Proper walking or running shoes can help knee pain. Even a simple arch support insert from a shoe store can be helpful. This insert is less expensive than a custom-made support or brace.

- **Ice your knees** for 10 to 20 minutes after activity. This can ease the pain and speed up healing. To keep your hands free, use an elastic wrap to hold the ice pack in place. A medicine such as ibuprofen (one brand name: Motrin) may also help relieve your pain, but talk to your doctor before you take this medicine.

EXERCISES

Standing Calf Stretch

Facing a wall, put your hands against the wall at about eye level. Keep one leg back with the heel on the floor, and the other leg forward. Turn your back foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Repeat 3 times and then switch the position of your legs and repeat the exercise 3 times. Do this exercise several times each day.

Quadriceps Stretch

Stand and touch wall or stationary object for balance. Grasp top ankle or forefoot behind. Pull ankle or forefoot to rear end. Straighten hip by moving knee backward. Hold stretch. Repeat with opposite side.



Hamstring Stretch

Lay flat on your back with both legs extended. Bring the thigh of the leg to be exercised 1/2 way to your chest so that your knee points straight up. Keep the hip and knee of the opposite leg straight with the foot pointed straight up. With both hands behind your thigh, straighten the knee until there is a gentle stretch in the back of your thigh. Hold for 30 seconds. Repeat 3 times and then switch the position of your legs and repeat the exercise 3 times. Do this exercise several times each day.

