



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

PATELLAR INSTABILITY

Home Exercises

When the knee bends, the patella slides evenly up and down within a groove at the end of the femur. In some people, the patella is pulled out of the groove towards the outside of the knee causing patella instability. Most commonly, this tracking problem causes discomfort with activity, and pain around the sides of the kneecap.

Causes of patellar instability include a traumatic dislocation, such as occurs during a sports activity, or a displacement caused by daily activities. Patellar instability may result from a combination of different variables including bone structure, poor movement patterns, soft tissue dysfunction, and muscle weakness. The muscles surrounding the hip and knee need to be strong to help control the position of the leg and keep the kneecap stable. Addressing range of motion and strength deficits while managing pain can help you safely transition back into your normal activities.

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times **Hold 3 Seconds**



STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.

Repeat 10 Times

Complete 2 Sets



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times

Complete 3 Sets



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 15 Times

Complete 3 Sets



PRONE QUAD STRETCH

On your belly with strap around ankle. If needed have pillow under abdomen to support low back.

Pull strap over shoulder under stretch is felt. There should be no sharp pain in the kneecap.

Hold, repeat.

Repeat 3 Times Hold 30 Seconds



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 1 Time Hold 1 Second

Complete 1 Set Perform 1 Times a Day



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 10 Times

Complete 3 Sets



WALL SITS

Stand against the wall with feet hip-width apart. Slide down to a position you can hold for the prescribed time.

Tighten your core and press your shoulders into the wall. Push yourself away from the wall to come out of exercise, as opposed to sliding up the wall.

To increase demand on the involved leg, place the uninvolved leg two inches further forward.

Repeat 5 Times ***Hold 30 Seconds***

