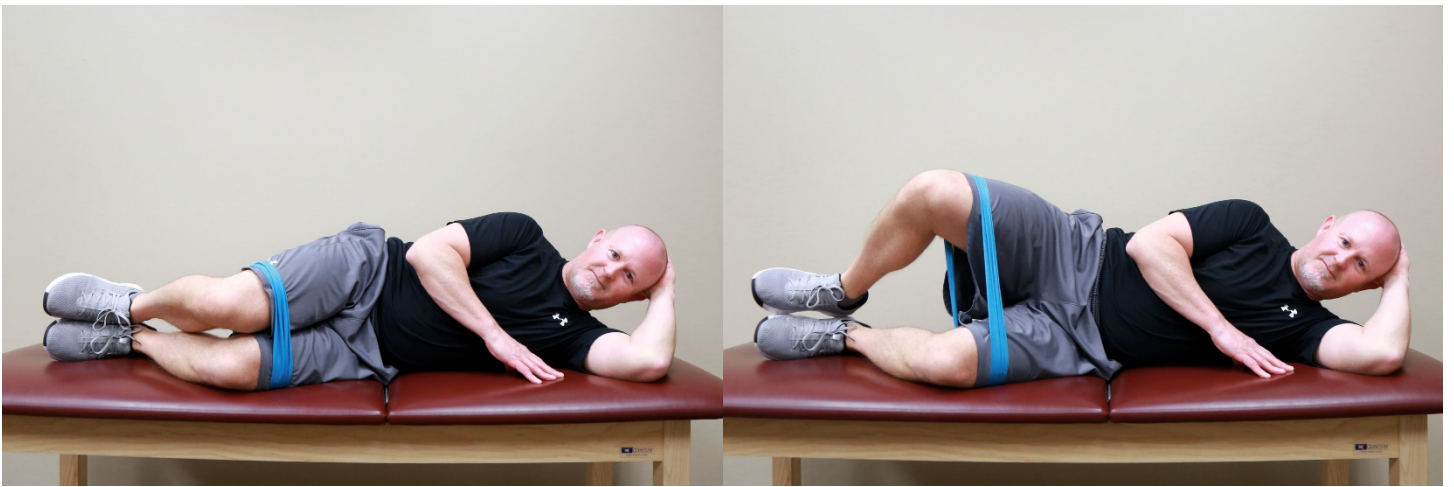


UPSWING HEALTH

Patellofemoral Pain

Clamshell with Resistance Band

Place a resistance band around your knees. Lie on your uninvolved side with your knees bent and your pelvis rotated slightly forward. Keep your heels together. Rotate your top leg so that your knee turns upward. Stop before your hips/pelvis rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



Unilateral Bridge

Lie on your back with one leg bent and one leg out straight. Keeping the leg out straight and the thigh in line with the other thigh, lift your buttocks off the table and then lower. Perform 2-3 sets of 10 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

UPSWING HEALTH

Squatting Sidesteps with Resistance Band

Begin in a shallow squat stance with band around ankles. Take a big step to the side, followed by a smaller step with the other foot (always maintaining resistance on the band). Think “Big Step, Little Step.” Perform 3 laps back and forth for approximately 25 feet, once a day.

