



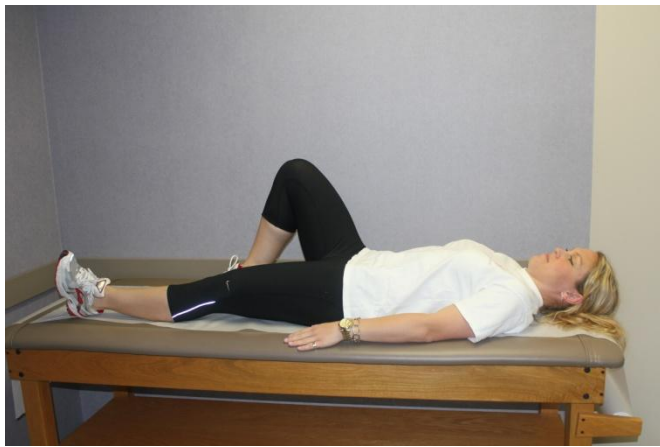
Texas Orthopedics, Sports & Rehabilitation Associates

Patellar Malalignment Exercises

Vastus Medialis Strengthening

Straight Leg Raises ___ sets of ___ reps

Lay down and bend the right knee to take pressure off the back. Turn the left leg outward to the 11:00 position.



Keeping the leg straight, raise it up about 8-12 inches. Keep it there for one count and then bring it back down.



Do this 10 times. Repeat on the other leg.

Hip External Rotator Strengthening

Monster Walks ___ steps each direction.

Put your ankles inside a looped exercise band.



Step sideways, keeping the feet pointed straight ahead. Repeat going the other direction.



Hip External Rotator Strengthening

Lateral Leg Raises ___sets of ___reps

Lay on one side. Bend the lower leg.



Raise the upper leg about 2-3 feet.



Repeat on the other side.

Be sure to keep the back straight in line with the hips and legs. Do not roll forward or backward. If in doubt, do this exercise with your back against a wall until you are sure you can remain in straight alignment.

Hip External Rotator Strengthening

Clams ___sets of ___reps

Lay on one side. Bend both legs.



Keeping the feet together, raise only the knee on the upper leg about 2 feet.



Repeat on the other side.

Be sure to keep the back straight in line with the hips and legs. Do not roll forward or backward. If in doubt, do this exercise with your back against a wall until you are sure you can remain in straight alignment.

