

Patellofemoral Pain Syndrome Exercises



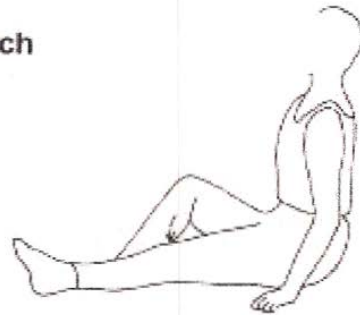
Hamstring stretch



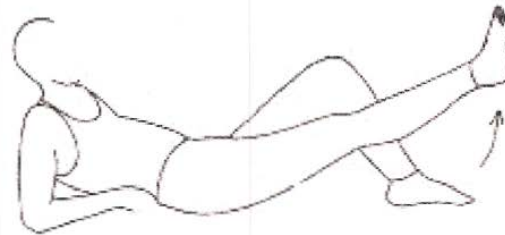
Patellar mobility



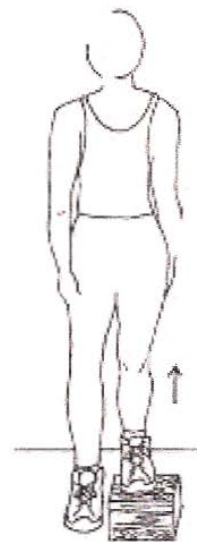
Quadriceps stretch



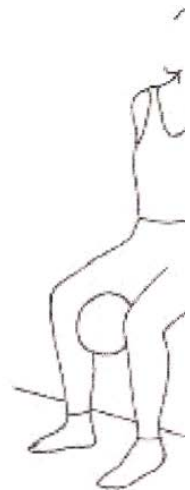
Quadriceps isometrics



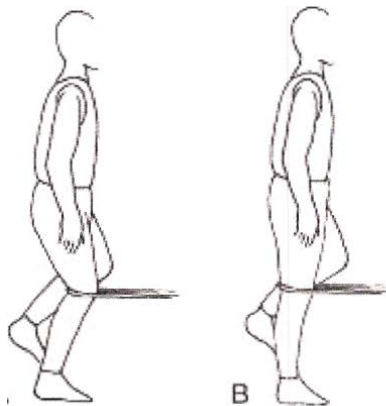
Quad lifts



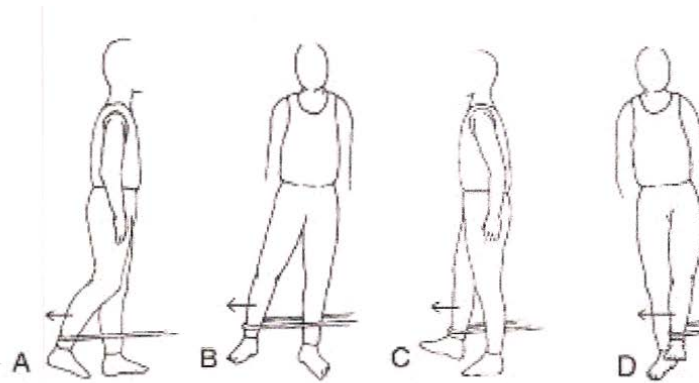
Step-Up



**Wall Squat
with ball**



Resisted knee extension



Knee stabilization