

Kalyani knee & shoulder clinic

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Do's & Don'ts for patient with Patello-Femoral pain

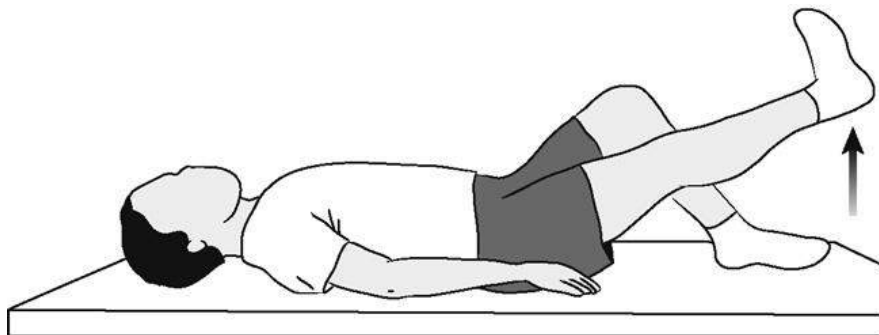
Do's:

1. Use knee support or taping, as advised.
2. Wear shoes with well cushioned soles.
3. Apply heat for symptomatic pain relief.
4. Do regular exercises to strengthen the muscles around the joint and achieve a proper balance of various muscle groups around the knee joint.

- **Quads setting:** straighten your legs and tighten both the knees together, hold for 5 seconds and then relax. Repeat this 20-25 times in one go, and 4-5 times in a day. This is an anytime anywhere exercise and can be done in sitting, lying, or even in standing position.



- **SLR:** Lie down straight on a bed, bend the unaffected knee to about 90 degrees and lift the other straight up in the air till the level of the bent knee. Hold here for 5 sec and then bring the leg down. Do 3 sets of 10 repetitions twice in a day. Gradually increase upto 5 sets of 10 repetitions, twice in a day. And then start doing with weights or exercise band.



- **VMO Exercise:** Cross the affected leg over the other and press down as if crushing something between the legs, hold for 5 sec and then relax. Repeat this 20-25 times. Twice in a day.



Don'ts

Some activities in day to day life cause excessive pressure on the knee- cap joint (Patello- Femoral Joint). This leads to further increase in pain and other symptoms.

To avoid, the following precautions should be observed:

1. **Avoid squatting**
2. **Avoid sitting on floor, and sitting cross- legged.**
3. **Avoid stairs as much as possible**
4. **Avoid footwear with more than 1 inch heel.**
5. **Avoid activities like jumping, jogging, running. Walking and swimming are good and can be persued.**

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