

# Patellofemoral Pain Syndrome: Home Exercises

01



Straight Leg Raise

02



Standing Lateral Raise

03



Standing "Kickbacks"

04



Clamshells

## Core Strengthening Exercises



01

Plank



02

Side-Plank



03

Supermans

## Progressive Exercises: After 1-2 weeks of home exercise program

01



Single Leg Balance

02



Single Leg Squats