

Ronald D. Gardner, M.D.

*Arthroscopic Reconstructive Surgery
Joint Replacement*

Robert Martinez, M.D.

*Arthroscopic Shoulder Surgery
Joint Replacement*

Brad Castellano, D.P.M.

*Foot & Ankle Trauma
Sports Medicine & Reconstruction*



3033 Winkler Avenue, Ste. 100
Fort Myers, FL 33916

Phone: (239) 277-7070

Fax: (239) 277-7071

GardnerOrthopedics.com

PATELLOFEMORAL EXERCISES

Hamstring Stretch (Standing) (“Hurdler’s Stretch”)

Stand on one leg, with the leg to be stretched off the floor on a low table. Keeping knee straight, slowly reach for your toes and bend your opposite knee until a stretch is felt in your hamstring. Hold for 10 seconds. Return to starting position. Repeat 5 times.



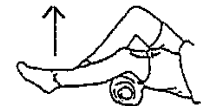
Straight Leg Raises

While lying supine, first tighten quad. With quad tight, slowly raise leg keeping it straight. Hold for 5 seconds. Repeat 10 times.



Terminal Knee Extension

Place a towel roll under your injured knee, allowing it to bend slightly. Slowly extend your leg until it is straight and hold for 3 seconds, contracting your quad muscles as tight as possible. Slowly return to the starting position. Repeat 10 times.



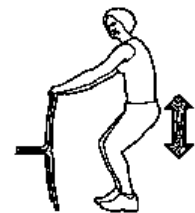
Knee Extension

Start from a sitting position on an object such as a table or chair, allowing your knees to bend. Tighten the quad muscle while extending your injured leg until it is straight. Hold for 2 seconds then slowly lower your leg. Repeat 10 times.



Mini Squats

Begin in a standing position with feet shoulder width apart and toes pointed forward. Bend at the knees until a 30-degree angle is formed. Slowly return to the standing position. Hold for 10 seconds. Repeat 10 times.



Perform all above exercises daily. For those that cause pain, discontinue and try again weekly. When or if they no longer hurt, add them to the routine.

- Dr. Gardner recommends icing for 10-20 minutes after you finish exercises.