

# Patellofemoral Pain Syndrome Exercises



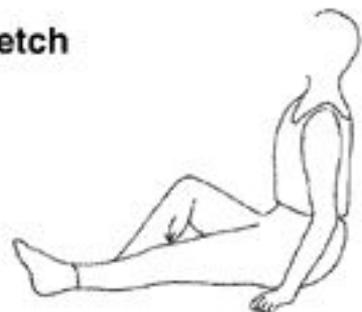
**Hamstring stretch**



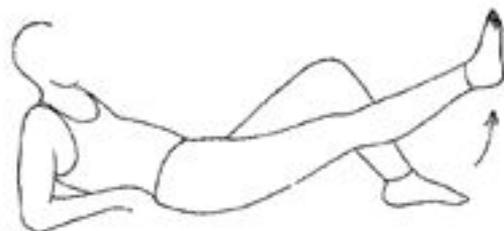
**Patellar mobility**



**Quadriceps stretch**



**Quadriceps isometrics**



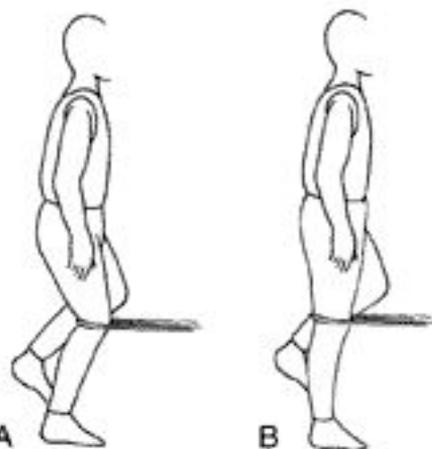
**Straight leg raise**



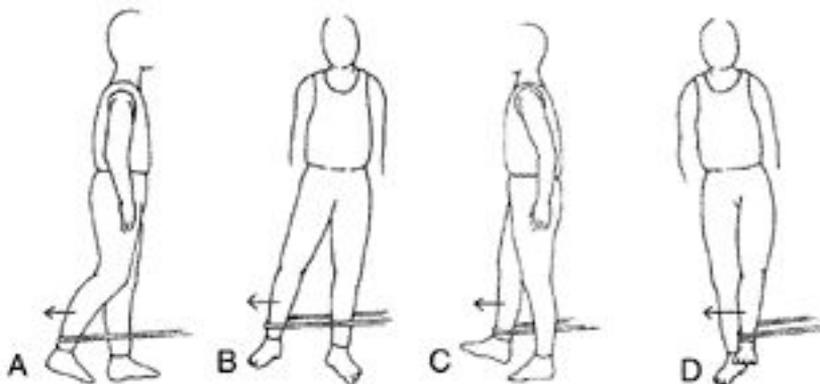
**Step-up**



**Wall squat with ball**



**Resisted knee extension**



**Knee stabilization**