

Central Texas

Sports Medicine & Orthopaedics, P.A.

Patellofemoral-Quadriceps Strengthening

Each of the following exercises should be done once a day Monday through Friday. Take the weekend off.

Quad Sets:

- **Begin sets by tightening the quad muscle, sitting in an upright position with toes pointed upward.**
- **Hold the tightened muscle for a count of 5 (five).**
- **Repetitions: Do 3 sets of 20 on each leg.**

Straight Leg Raises:

There are three positions for this exercise:

Position #1

- **Lay flat on back with one leg straight and the other leg bent**
- **Raise straight leg to reach the top of the bent knee in a controlled manner**
- **Repetitions: 50 times on each leg**

Position#2

- **Move up on bent elbows with one leg straight and one leg bent**
- **Proceed with previous exercise listed under #1 position**
- **Repetitions: 50 times on each leg**

Position#3

- **Move up onto hands with one leg straight and one bent**
- **Proceed with previous exercise listed under position #1**
- **Repetitions: 50 times on each leg**

Please note that rehabilitation protocols are to be used as general guidelines in the overall treatment and plan of care for the patients of Central Texas Sports Medicine & Orthopaedics. Supervised treatment and care under physicians, physical therapists, and athletic trainers are essential in a patient progressing through each phase of the rehabilitation process. Our doctors, therapists, and trainers will determine the appropriate progression of the specific protocol for each patient.