

MILLS CHIROPRACTIC CENTER

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Patellar Tracking Exercises



Straight Leg Raisers

Lay on a firm surface on your back. Keep your legs straight with your toes facing the ceiling. Without bending your knee, raise one leg as high as flexibility permits. **Repeat this for 3 sets of 12-15 repetitions with each leg.**



Seated Knee Squeeze

Sit in a chair with your feet hip width apart with a ball, towel, or pillow between your knees. Clench your buttocks and clench your knees together to gently squeeze the ball. Hold for 3-5 seconds and then relax. **Repeat this for 3 sets of 10-20 repetitions.**



Advanced Knee Squeeze

Stand with your feet hip width apart with a ball, towel, or pillow between your knees. Clench your buttocks and clench your knees together to gently squeeze the ball then squat as low as you are able. Pause briefly, then return to standing and relax. **Repeat this for 3 sets of 10 repetitions.**