

PATELLOFEMORAL DISORDER STRETCHES

This is a condition where the knee cap (which is rounded on the top and V-shaped on the bottom) does not smoothly move through its groove formed by the thigh bone (femur) beneath it. Traditionally, it has been seen as the result of a weakness in the inner thigh muscle or an overdevelopment of the outer thigh muscle. Quite often it is caused by a pelvic imbalance, an anatomical short leg, abnormal foot/ankle mechanics, lumbar nerve root irritation, improper training, or lack of mobility.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



**Hamstring
Stretch to Bench**



**Thigh
Stretch**



**Hip Flexor
Stretch**



**Hip Flexor/Psoas
Stretch**



**Inner Thigh
Stretch**



**Inner Calf Stretch
on a Step**



**Side of Leg
Stretch**



**Side of Buttock
Stretch**



**Outer Calf
Stretch**



**Standing Shin
Stretch**



**Lower Back/
Buttock Stretch**



**Sitting Groin
Stretch**



**Outer Ankle
Stretch**



**Inner Ankle
Stretch**

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