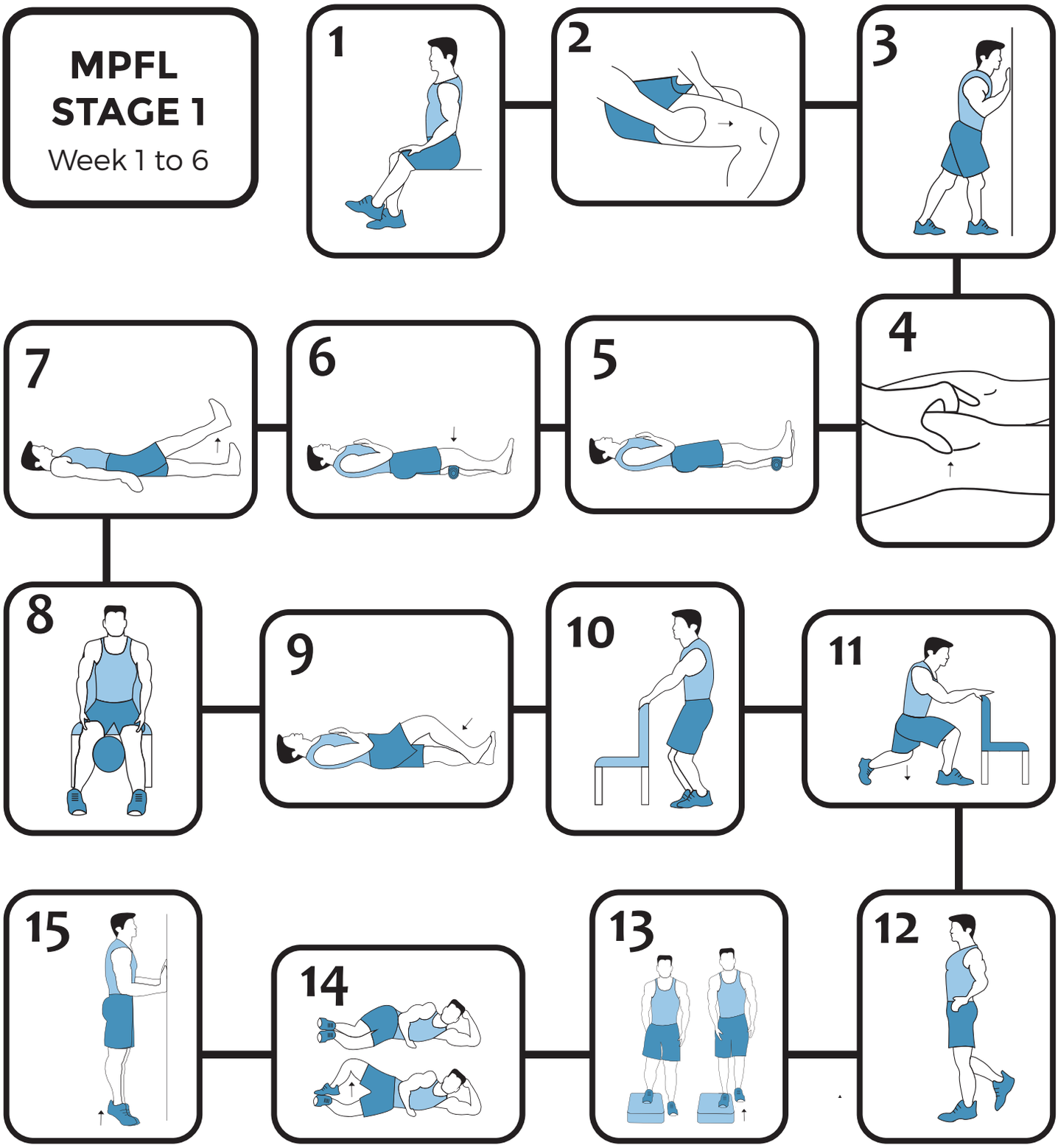
MPFL
SUMMARY

CO.RE

MPFL STAGE 1

Week 1 to 6



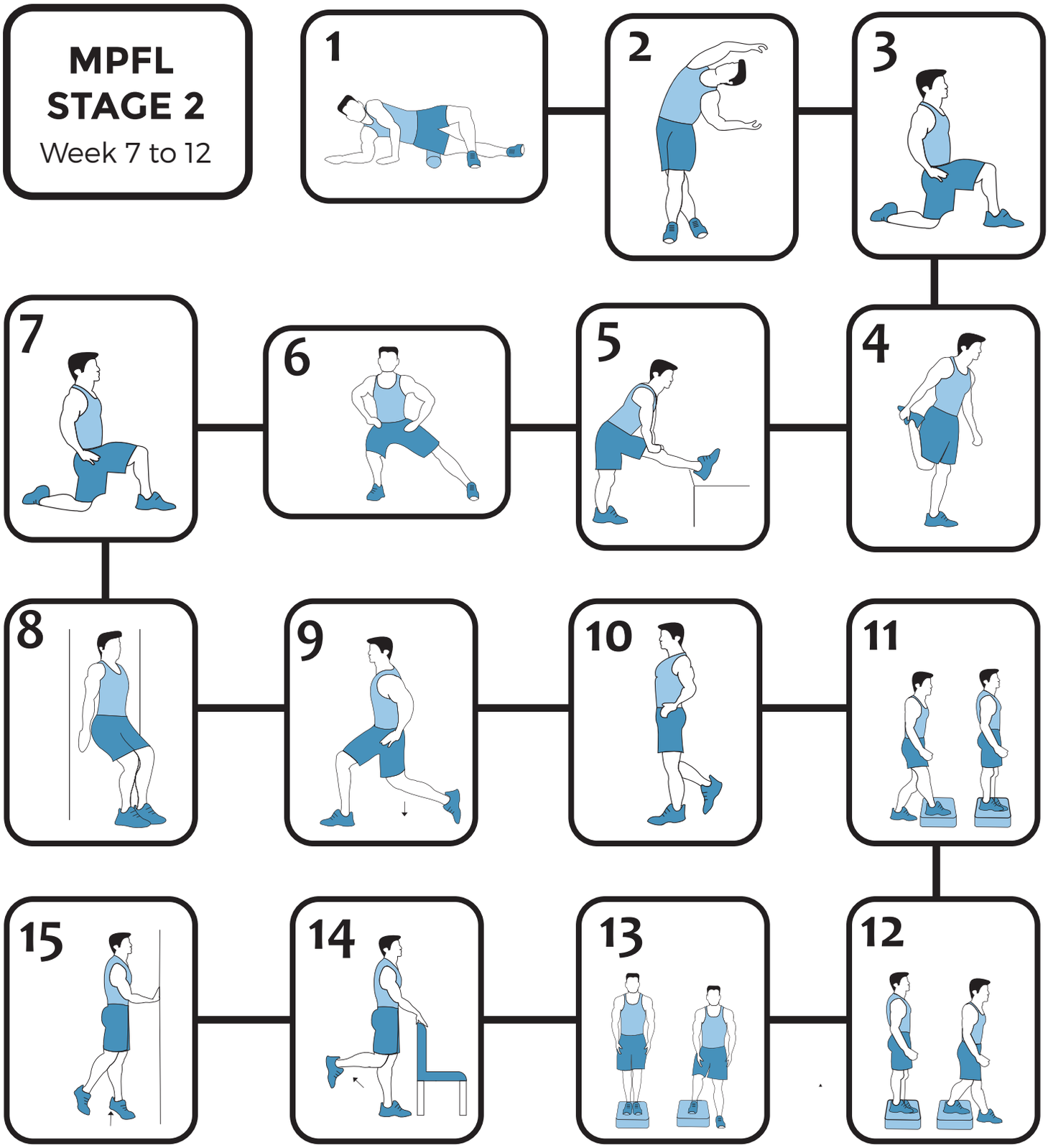
1 Drop and dangle
2 Heel prop
3 Calf Stretch
4 Medial PF glides
5 ITB Massage
6 Quads Setting
7 Straight leg raise
8 Seated Ball Squeeze
9 Static Hamstring

Week 5-6

10. ¼ Squats chair
11. ¼ lunges chair
12. Single leg stance
13. Hip hitch
14. Clams
15. Double leg heel raise

MPFL STAGE 2

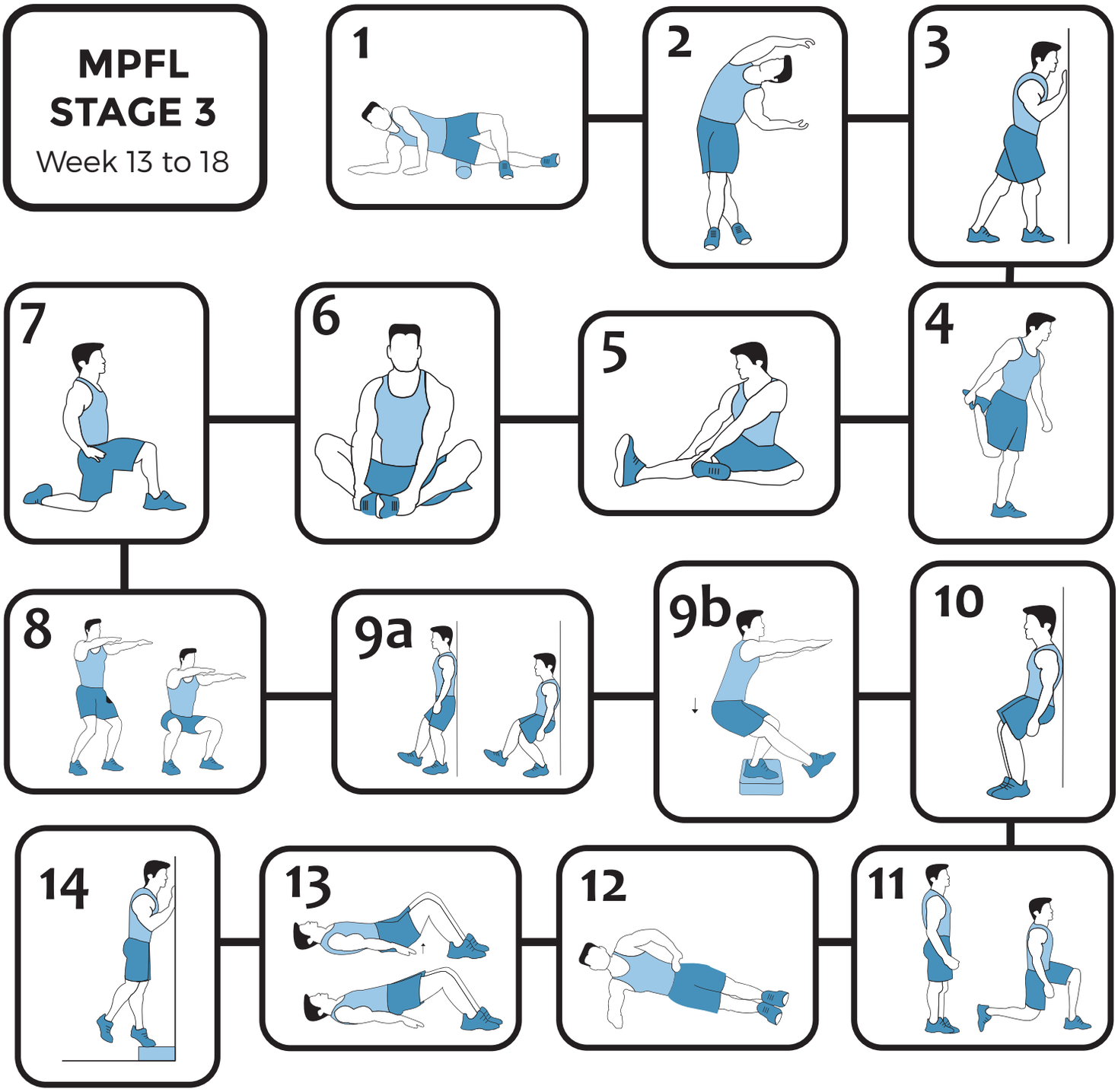
Week 7 to 12



1. ITB roller
2. TIB Doorway stretch
3. Calf stretch
4. Quads stretch
5. Hamstring stretch
6. Hip adductor stretch
7. Hip flexor stretch
8. ¼ wall squats
9. ¼ lunges
10. Single leg stance
11. Step ups
12. Step downs
13. Side steps
14. Standing hamstring curls
15. Single leg heel raise

MPFL STAGE 3

Week 13 to 18

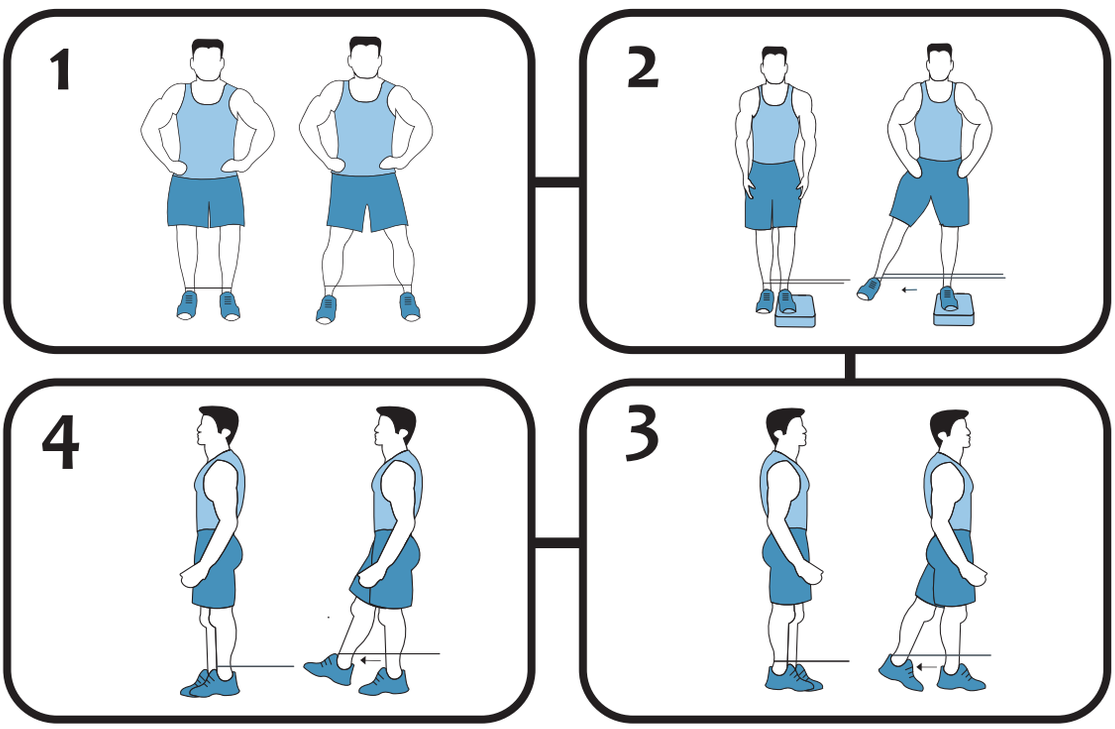


1. ITB roller
2. TIB Doorway stretch
3. Calf stretch
4. Quads stretch
5. Hamstring Stretch
6. Adductor Stretch
7. Hip flexor Stretch
8. Squats

9a. Single leg squat
9b. Single leg step squat
10. Wall sit
11. Full lunge
12. Side planks
13. Bridge
14. Single leg heel raise step

MPFL STAGE 3

Theraband Hip Exercises



1 Crab Walk
2 Clock Face
3 Therabands – hip – extension
4 Therabands – hip – flexion

BAND STRENGTHS

- Yellow - Easy
- Red - Light
- Green - Medium
- Blue - Hard