

Chondromalacia Patella

Physical Therapy Exercises

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Seated Long Arc Quad

STEP 1



STEP 2



Setup: Begin sitting upright in a chair.

Movement: Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip: Make sure to keep your back straight during the exercise.

Supine Active Straight Leg Raise

STEP 1



STEP 2



Setup: Begin lying on your back with one knee bent and your other leg straight.

Movement: Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip: Make sure to keep your leg straight and do not let your back arch during the exercise.

Standing Knee Flexion AROM with Chair Support

STEP 1



STEP 2



Setup: Begin standing with your hands resting on a stable surface.

Movement: Pick up one foot and bend your knee as far as you can. Then, lower your leg back to the floor and repeat.

Tip: Make sure to keep your back straight and maintain your balance throughout the exercise.

Squat with Chair Touch

STEP 1



STEP 2



Setup: Begin in a standing upright position in front of a chair.

Movement: Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat.

Tip: Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

Reverse Lunge

STEP 1



STEP 2



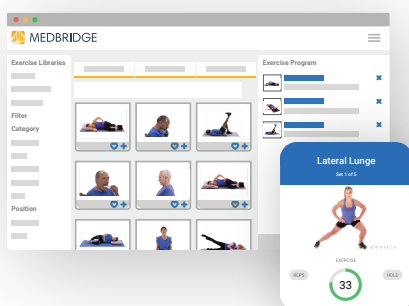
STEP 3



Setup: Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement: Keeping your trunk upright, step backward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip: Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.