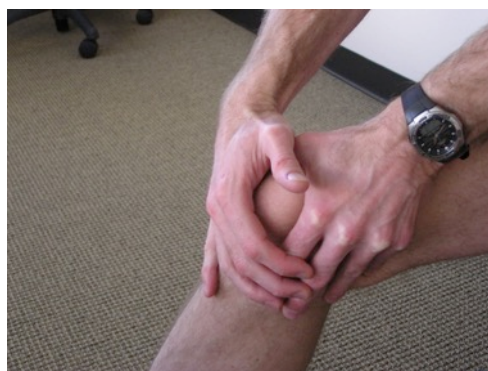


# Erbst OrthoSport



## Medial Patella Mobilization

The goal of this exercise is to mobilize the kneecap towards the inside of the knee and stretch the connective tissues on the outside of the kneecap. Start seated, with your heel on the ground and your knee slightly bent. **Keep your quad (front thigh) muscle totally relaxed or the kneecap will not move.** Find the outside border of your \_\_\_\_\_ kneecap (picture at left) and place the heel of your \_\_\_\_\_ hand against it. Stabilize the inside of your knee with the opposite hand (picture at right).

Use the heel of your hand to push the kneecap inward; be sure you actually feel the kneecap moving and that you're not just wrinkling the skin. Push to end range and proceed to pulse \_\_\_\_\_ times. Repeat the exercise with your knee bent \_\_\_\_\_ degrees. Goal is to achieve 90 degree angle at knee.

Modification: Place opposite hand on knee with thumb along border of kneecap and fingers on inside of knee. Now place heel of other hand on top of thumb and use this to press kneecap to the inside.

Perform this exercise \_\_\_\_\_ times per day/week. Mobilize opposite kneecap: YES NO

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