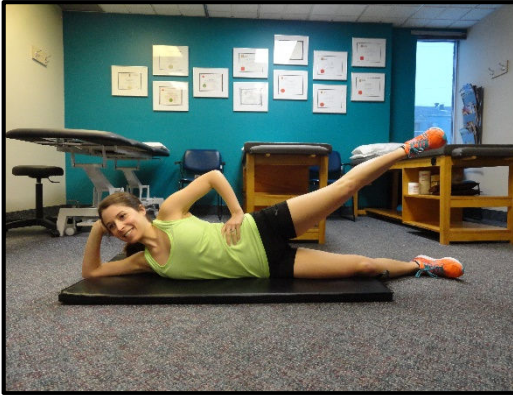


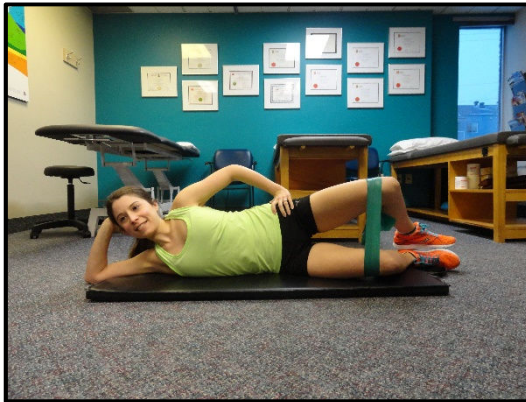
**EXERCISE PROGRAM FOR RUNNERS WITH PATELLOFEMORAL PAIN  
PHASE 1 (WEEKS 1-2)**



**1-** Lying on your side, your body as straight as possible, lift your superior leg while slightly pushing it back. Maintain this position. Your pelvis must remain stable. Perform on both sides.

**TO BE DONE 3 TIMES PER WEEK**

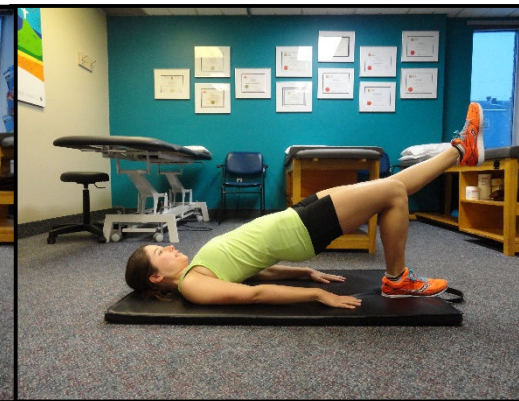
Week	Repetitions	Hold	Elastic band
1	2 x 10 / 2 x 15	5 / 10 sec	Yes / No
2	2 x 10 / 2 x 15	5 / 10 sec	Yes / No



**2-** Lying on your side, knees bent and placed slightly forward from your pelvis, lift your superior knee. Maintain this position. Your pelvis must remain stable, and both feet together. Perform on both sides.

**TO BE DONE 3 TIMES PER WEEK**

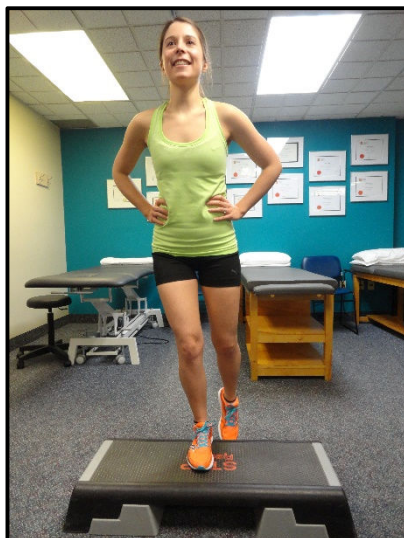
Week	Repetitions	Hold	Band?
1	2 x 10 / 2 x 15	5 / 10 sec	Yes / No
2	2 x 10 / 2 x 15	5 / 10 sec	Yes / No



**3-** Lying on your back, knees bent, lift your pelvis high while focusing on contracting your gluteal muscles. Maintain this position. Your pelvis must remain level. Perform on both legs if done on one leg.

**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Hold	Support
1	2 x 10 / 2 x 15	5 / 10 sec	1 leg / 2 legs
2	2 x 10 / 2 x 15	5 / 10 sec	1 leg / 2 legs



**4-** Facing a mirror, slowly climb the step. Make sure to maintain good control of your knee (on top of your foot) and your pelvis level. Slowly go back down keeping the same focus on alignment. Going up should take around 2 seconds, just like going back down. Perform on both legs.

**TO BE DONE EVERY DAY**

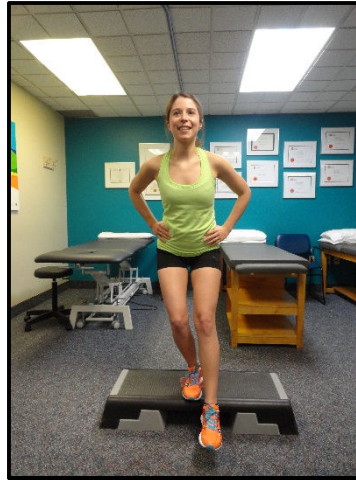
Week	Repetitions	Step height (cm)
1	2 x 10 / 2 x 15	10 / 15 / 20 / 25
2	2 x 10 / 2 x 15	10 / 15 / 20 / 25

**EXERCISE PROGRAM FOR RUNNERS WITH PATELLOFEMORAL PAIN  
PHASE 2 (WEEKS 3-4)**



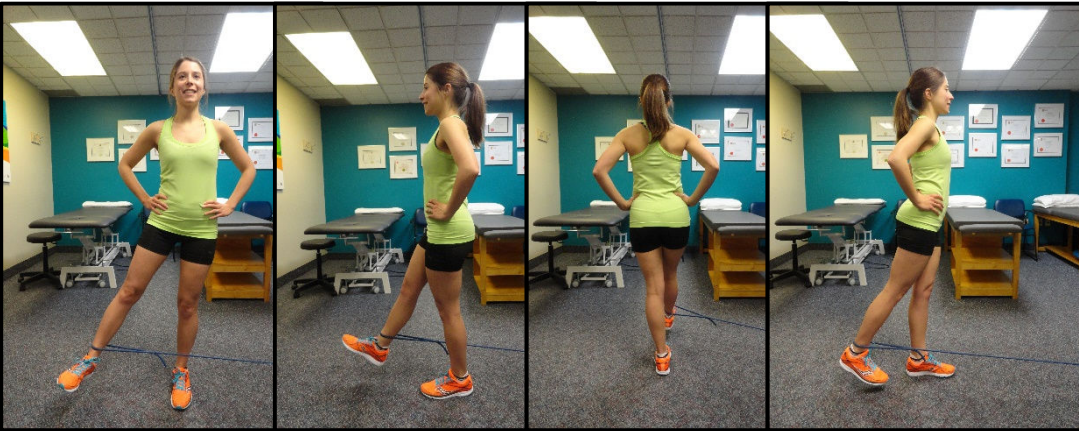
**1-** Place an elastic band around your thighs, just above your knees. Perform a squat movement while keeping your knees on top of your feet. Make sure your kneecaps do not move further than your toes. Maintain this position.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Hold
3	2 x 10 / 2 x 15	5 / 10 sec
4	2 x 10 / 2 x 15	5 / 10 sec



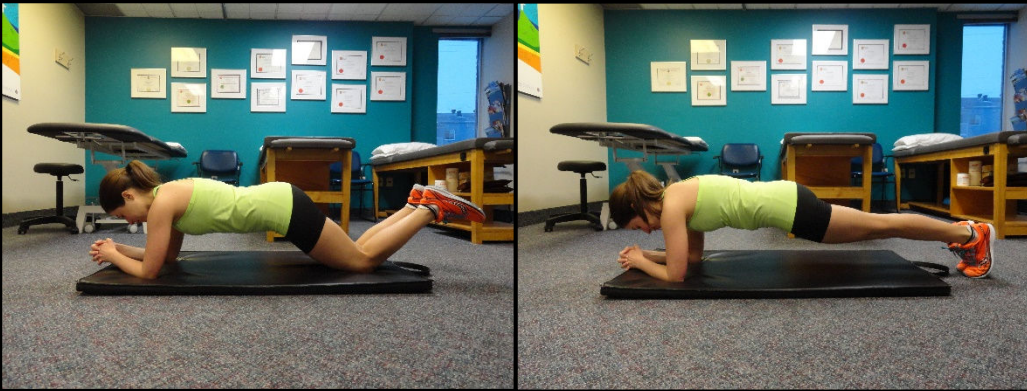
**2-** Facing a mirror, slowly step down the step. Make sure to maintain good control of your knee (on top of your foot) and your pelvis level. Slowly go back up keeping the same focus on alignment. Go down in 2 seconds, just like going back up. Perform on both legs.  
**TO BE DONE EVERY DAY**

Week	Repetitions	Step height (cm)
3	2 x 10 / 2 x 15	10 / 15 / 20 / 25
4	2 x 10 / 2 x 15	10 / 15 / 20 / 25



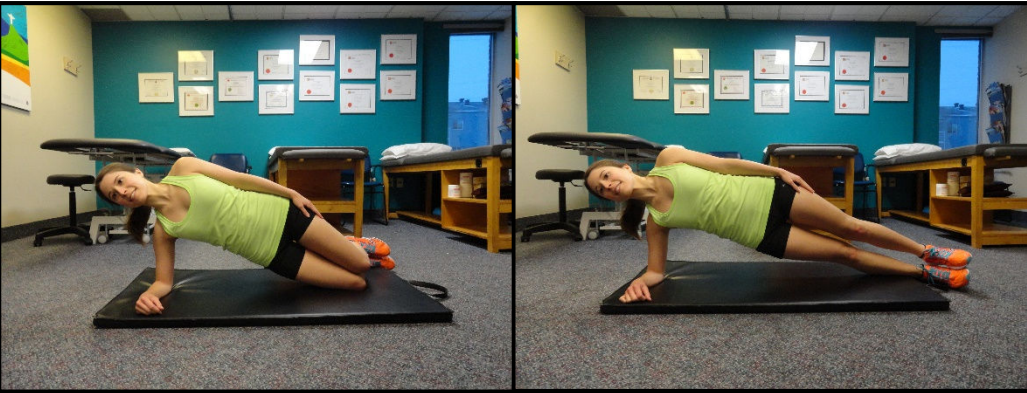
**3-** An elastic band attached to the ankle, pull in 4 different directions using your hip muscles. Make sure your body remains straight and your pelvis level. External support can be used for balance, if needed. Perform on both legs.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Elastic tension
3	10 per direction,	Increase as needed
4	4 directions	



**4-** Supporting your body using your elbows and forearms, lift your pelvis and ensure your back is straight. Depending on your strength, you can use either your knees or feet as other point of support. Maintain this position.  
**TO BE DONE 3 TIMES PER WEEK**

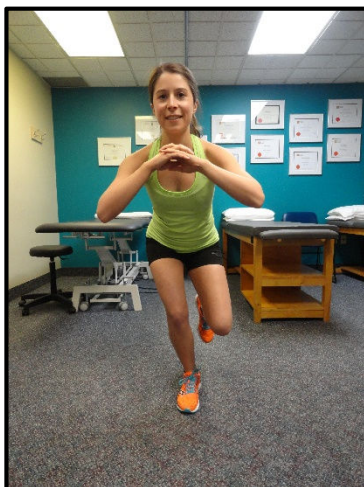
Week	Repetitions	Support
3	5 x 10 sec / 10 x 10 sec	knees / feet
4	5 x 10 sec / 10 x 10 sec	knees / feet



**5-** Supporting your body using your elbow and forearm, lift your pelvis and ensure your body is straight. You can use either your knees or feet as other point of support. Maintain this position. Perform on both sides.  
**TO BE DONE 3 TIMES PER WEEK**

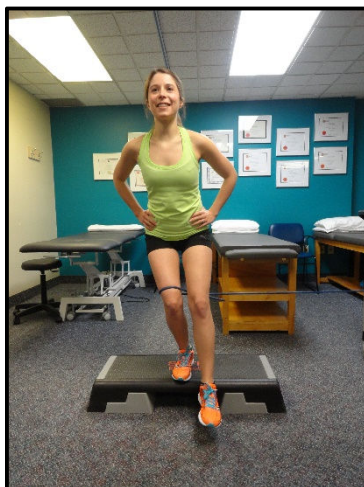
Week	Repetitions	Support
3	5 x 10 sec / 10 x 10 sec	knees / feet
4	5 x 10 sec / 10 x 10 sec	knees / feet

**EXERCISE PROGRAM FOR RUNNERS WITH PATELLOFEMORAL PAIN  
PHASE 3 (WEEKS 5-6)**



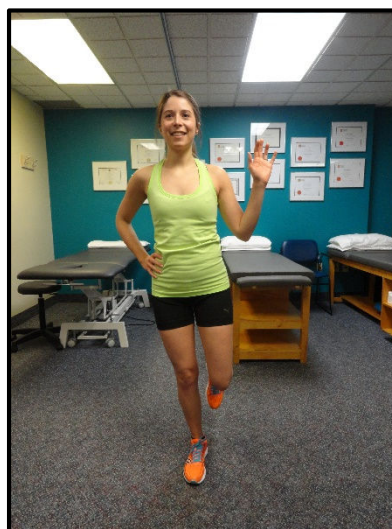
1- Standing on one leg, perform a squat movement while keeping your knee on top of your foot. Make sure your kneecap does not move further than your toes, and keep your pelvis level. Maintain this position. Perform on both legs.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Hold
5	2 x 10 / 2 x 15	5 / 10 sec
6	2 x 10 / 2 x 15	5 / 10 sec



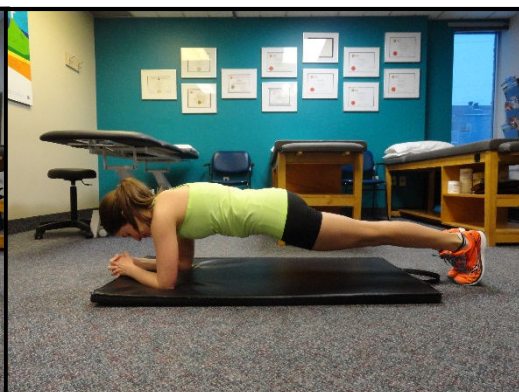
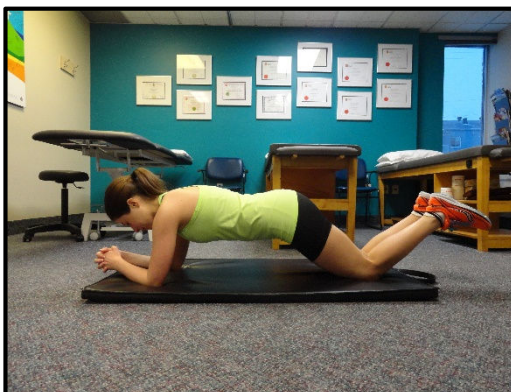
2- Facing a mirror with an elastic band pulling your knee inwards, slowly step down. Make sure to maintain good control of your knee and your pelvis level. Slowly go back up keeping the same focus on alignment. Two seconds to go down, 2 seconds to go up. Perform on both legs.  
**TO BE DONE EVERY DAY**

Week	Repetitions	Step height (cm)
5	2 x 10 / 2 x 15	10 / 15 / 20 / 25
6	2 x 10 / 2 x 15	10 / 15 / 20 / 25



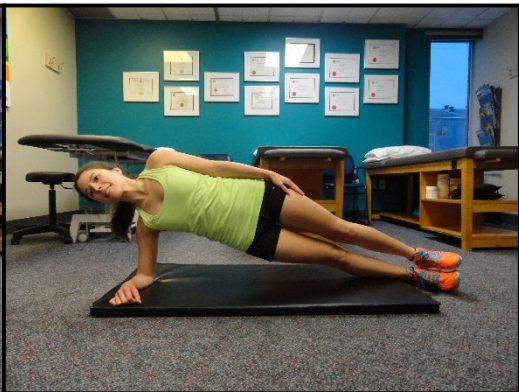
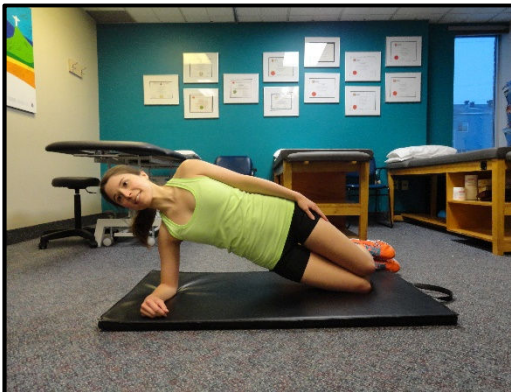
3- Standing on one leg, perform a squat while rotating your trunk. Touch the external part of your weight-bearing foot using your opposite hand. Make sure to maintain good control of your knee (on top of your foot). Maintain this position. Go back up by pivoting at the hip.  
Perform on both legs.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Hold
5	2 x 10 / 2 x 15	5 / 10 sec
6	2 x 10 / 2 x 15	5 / 10 sec



4- Supporting your body using your elbows and forearms, lift your pelvis and ensure your back is straight. Depending on your strength, you can use either your knees or feet as other point of support. Maintain this position.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Support
5	5 x 10 sec / 10 x 10 sec	knees / feet
6	5 x 10 sec / 10 x 10 sec	knees / feet



5- Supporting your body using your elbow and forearm, lift your pelvis and ensure your body is straight. You can use either your knees or feet as other point of support. Maintain this position. Perform on both sides.  
**TO BE DONE 3 TIMES PER WEEK**

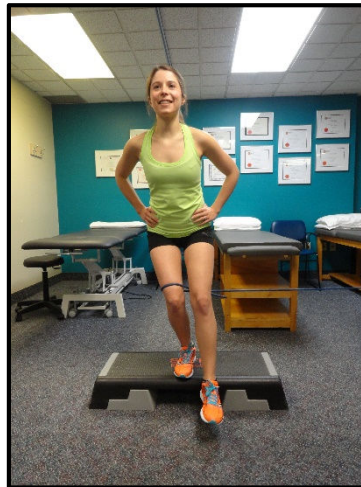
Week	Repetitions	Support
5	5 x 10 sec / 10 x 10 sec	knees / feet
6	5 x 10 sec / 10 x 10 sec	knees / feet

**EXERCISE PROGRAM FOR RUNNERS WITH PATELLOFEMORAL PAIN  
PHASE 4 (WEEKS 7-8)**



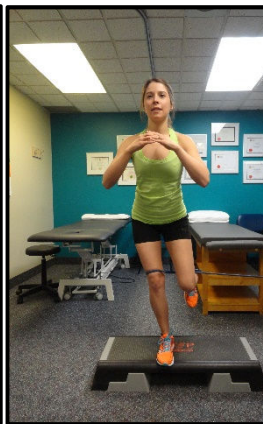
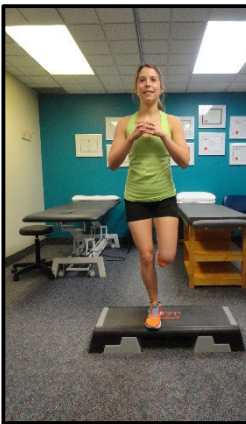
**1-** Standing on one leg, with an elastic band pulling your knee inwards, perform a squat movement while keeping your knee on top of your foot. Make sure your kneecap does not move further than your toes, and keep your pelvis level. Maintain this position. Perform on both legs.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Hold
7	2 x 10 / 2 x 15	5 / 10 sec
8	2 x 10 / 2 x 15	5 / 10 sec



**2-** Facing a mirror with an elastic band pulling your knee inwards, slowly step down. Make sure to maintain good control of your knee and your pelvis level. Slowly go back up keeping the same focus on alignment. Two seconds to go down, 2 seconds to go up. Perform on both legs.  
**TO BE DONE EVERY DAY**

Week	Repetitions	Step height (cm)
7	2 x 10 / 2 x 15	10 / 15 / 20 / 25
8	2 x 10 / 2 x 15	10 / 15 / 20 / 25



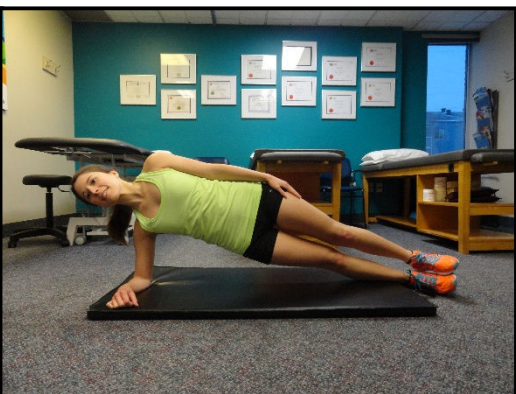
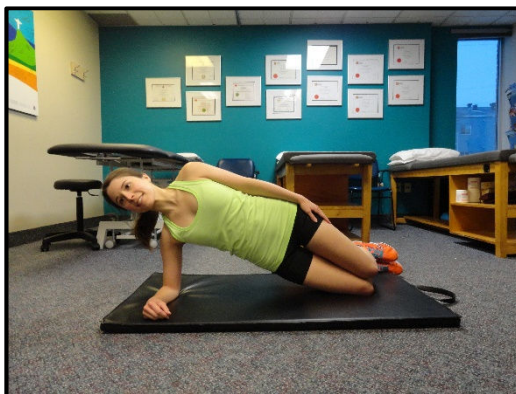
**3-** Facing a mirror and standing on one leg, jump from a step and land softly in a squat position. Make sure to maintain good control of your knee and your pelvis level. An elastic band pulling your knee inwards can be used to increase difficulty. Perform on both legs.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Step height (cm)	Band?
7	2 x 15	15 / 20 / 25	Yes / No
8	2 x 15	15 / 20 / 25	Yes / No



**4-** Supporting your body using your elbows and forearms, lift your pelvis and ensure your back is straight. Depending on your strength, you can use either your knees or feet as other point of support. Maintain this position.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Support
7	5 x 10 sec / 10 x 10 sec	knees / feet
8	5 x 10 sec / 10 x 10 sec	knees / feet



**5-** Supporting your body using your elbow and forearm, lift your pelvis and ensure your body is straight. You can use either your knees or feet as other point of support. Maintain this position. Perform on both sides.  
**TO BE DONE 3 TIMES PER WEEK**

Week	Repetitions	Support
7	5 x 10 sec / 10 x 10 sec	knees / feet
8	5 x 10 sec / 10 x 10 sec	knees / feet