

Patella Dislocation Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



1. Heel slide

- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel back towards your buttocks along the surface by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel as close to the hip as possible.
- After a 2 second hold, begin straightening the knee by sliding the heel away from you.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Straight leg raise

- Lay flat on your back or sit supported upright with both legs out straight.
- On the targeted leg squeeze the muscles at the front of your thigh to push the knee straight.
- Maintain a straight knee whilst raising the whole leg up towards the ceiling.
- Hold at the top for 5 seconds and then slowly lower the leg back down and gently release the pressure.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Wall sit

- Perform this exercise on safe flooring and be sure to wear suitable, non-slip footwear.
- Lean your back against a blank wall with your feet hip-width apart and heels approximately a foot off the skirting board.
- Bend both of your knees so that you slide down the wall and stop when your knees are at an angle you can hold comfortably.
- Hold this position for the prescribed time period at 70% of your maximum effort.
- Straighten the knees to rest to upright standing.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.