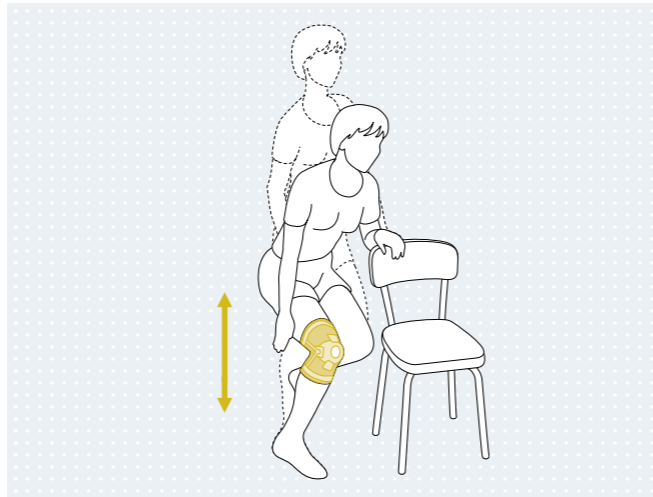


### 3. Balance and Coordination

Exercise: One-legged stance and squat

**Exercise goals:** Maintaining balance and coordination



**Starting position:**

- Stand on a firm surface close to something you can hold on to.
- The affected leg is the supporting leg.

**Exercise:**

- Squat on the supporting leg while keeping the sound leg in the air for approximately 3 seconds.
- Hold on to support yourself if you feel unsafe.
- **Attention:** Movements should always be completed without pain.
- After completing the exercise several times, you should do it without supporting yourself.

**Repetition:**

- 6 repetitions per leg
- Complete this exercise two to four times over the course of the day.

Comments:

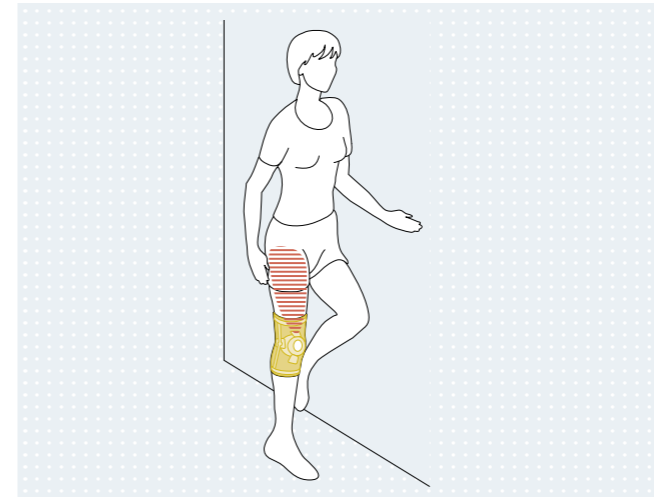
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### 4. Strength Training

Exercise: One-legged stance and lateral pressure

**Exercise goals:** Muscle development and coordination



**Starting position:**

- Stand with your side to a wall.
- Keep the sound leg in contact with the wall (without touching the wall with your hip) and flex it parallel to the supporting leg.

**Exercise:**

- Push the knee and foot of the sound leg against the wall with slight pressure (approximately 3 seconds).
- **Attention:** Movements should always be completed without pain.
- After each exercise, assume a two-legged rest position and relax for approximately 3 seconds.
- Once you feel safe, you can increase the flexion of the supporting leg and/or the distance to the wall.

**Repetition:**

- 3 x 6 repetitions per leg
- Complete this exercise two times over the course of the day and take a break the following day.

Comments:

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## Introduction

## Patella Move

Rehabilitation Exercises



**Rehabilitation Exercises**

A targeted exercise programme supports the Patella Pro fitting and therefore ensures rehabilitation success. The exercises in the Patella Move programme are divided into 4 units: Pain Reduction, Activation, Balance & Coordination and Strength Training. Please talk to your doctor or therapist to determine if the exercises are suitable for you.

**Important information:**

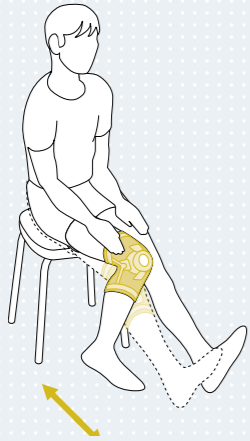
- The specified times are general guidelines and may deviate on a case-by-case basis.
- If you experience problems during or after an exercise, stop training immediately and consult your doctor or therapist.
- Please be sure to observe the corresponding rules and recommendations for each exercise.
- Avoid overstraining yourself in order to prevent injuries.
- If you feel unsafe, skip the exercise in question and try it again later when you feel up to it.
- With your doctor or therapist, adapt the guidelines to your weaknesses and progress.

We have described the exercises of the Patella Move exercise programme with due diligence. No liability is assumed for errors that occur when carrying out the exercises. In any case, please talk to your doctor or therapist before you start doing the exercises.

# 1. Pain Reduction

## Exercise: Sitting and Flexing

**Exercise goals:** Pain reduction, maintaining mobility and reducing swelling



**Starting position:**

- Assume a comfortable sitting position on a chair and support your legs on your heels with the knees extended.

**Exercise:**

- Flex and extend the affected leg in the pain-free range.
- Complete this exercise evenly, rhythmically and slowly (around 3 seconds).
- **Attention:** You should always be able to flex and extend the leg without pain.

**Repetition:**

- 15 – 20 repetitions
- Complete this exercise eight to ten times over the course of the day (e.g. hourly).

Comments:

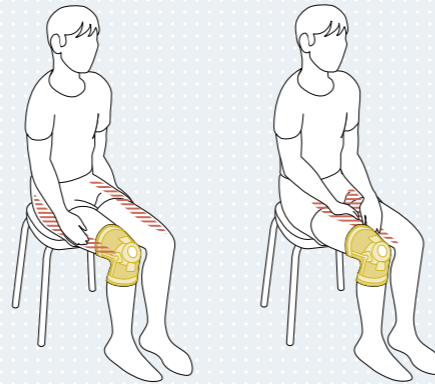
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# 2. Activation

## Exercise: Sitting and Tensing

**Exercise goals:** Activating the thigh musculature



**Starting position:**

- Assume a comfortable sitting position on a chair and flex your legs

**Exercise:**

- Tighten your thighs.
- First place both hands on the outside of the thighs and push them inwards with slight pressure (hold for approximately 3 seconds).
- Then place your hands on the inside of the thighs and push them outwards with slight pressure (hold for approximately 3 seconds).
- Complete the exercise evenly, rhythmically and slowly.

**Repetition:**

- 5 – 10 repetitions
- Complete this exercise four to six times over the course of the day.
- Allow sufficient quiet time and take breaks when you need to.

Comments:

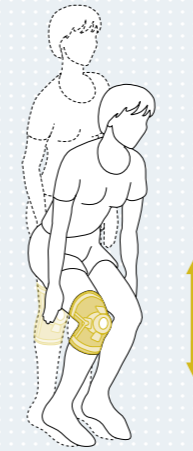
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# 3. Balance and Coordination

## Exercise: Two-legged stance and squat

**Exercise goals:** Developing coordination



**Starting position:**

- Stand on a firm surface in front of a mirror.
- Position your feet shoulder width apart.

**Exercise:**

- Squat down slightly.
- Move up and down rhythmically, evenly and slowly between a standing position and squat.
- Tighten all your leg muscles during the entire exercise (6 – 10 repetitions).
- You should take approximately 3 seconds in each direction.

**Repetition:**

- 6 – 10 repetitions
- Complete this exercise two to four times over the course of the day.

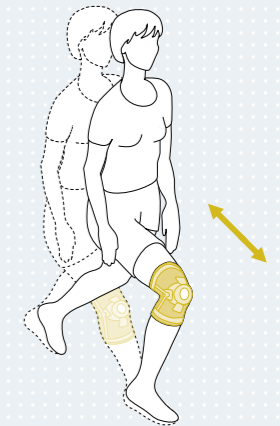
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## Exercise: Lunge

**Exercise goals:** Balance and coordination training



**Starting position:**

- Stand on a firm surface in front of a mirror.
- Position your feet in the step position.
- You may select a long step position at the outset and gradually shorten the step to intensify the exercise.

**Exercise:**

- Squat down slightly while simultaneously bending your upper body slightly forward.
- Rhythmically, evenly and smoothly move to the step position.
- You should take approximately 3 seconds in each direction.

**Repetition:**

- 5 repetitions per leg
- Complete this exercise two to four times over the course of the day.

Comments:

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