

Runner's Knee (Patellofemoral Pain Syndrome) Rehabilitation Exercises



Standing hamstring stretch



Quadriceps stretch



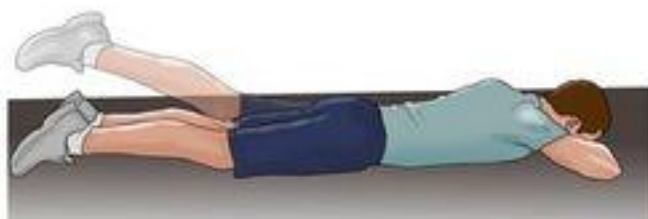
Side-lying leg lift



Quad sets



Straight leg raise



Prone hip extension



Clam exercise