PATELLAR MOBILIZATIONS

While doing these exercises, make sure your knee is straight, and your thigh is totally relaxed, (your lower leg and foot will naturally rotate out when you are truly relaxed). Push gently until resistance is felt, and hold for 5 seconds, a stretching sensation is normal, pain is not. Stop the exercise if you experience pain.

[Diagram of Patellar Self Mobilization exercises]

- **Downward Knee Cap Push**
  - With both thumbs on upper border of knee cap, gently push knee cap toward foot.
  - Hold 5 seconds. Repeat 5 times.
  - Do 2 sessions per day.

- **Upward Knee Cap Pull**
  - With index fingers on lower border of knee cap, gently pull knee cap up toward hip.
  - Hold 5 seconds. Repeat 5 times.
  - Do 2 sessions per day.

- **Inward Knee Cap Push**
  - Keeping entire length of index finger along outer border of knee cap, gently push knee cap inward toward opposite leg.
  - Hold 5 seconds. Repeat 5 times.
  - Do 2 sessions per day.

- **Outward Knee Cap Pull**
  - Keeping entire length of thumb along inner border of knee cap, gently pull knee cap outward.
  - Hold 5 seconds. Repeat 5 times.
  - Do 2 sessions per day.