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## **Patellar Protection Exercise Program (PPEP)**

- **Prone Hangs Start Immediately**
- **Short Arc Quads**
- **Hamstring Flexibility**
- **Four Way Hip Exercise**
- **QS HS Glut Sets**
- **Mini Squats**
- **Isometric Hip Adduction**
- **Patella Mobilization**
- **Life step (min step)**
- **Bracing/Taping if needed**
- **Modalities as needed**

**PRECAUTION: Avoid full range strengthening  
Terminal knee extension strengthening 20° - 0°**