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°