

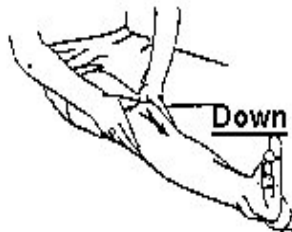
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## PATELLAR MOBILIZATIONS

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).

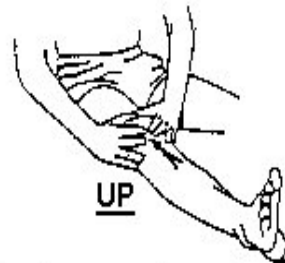
Push gently until resistance is felt, and hold for 5 seconds, a stretching sensation is normal, pain is not. Stop the exercise if you experience pain.

### Patellar Self Mobilization Downward Knee Cap Push



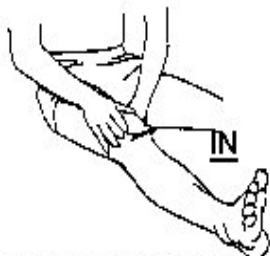
With both thumbs on upper border of knee cap, gently push knee cap toward foot. Hold 5 seconds. Repeat 5 times. Do 2 sessions per day.

### Patellar Self Mobilization Upward Knee Cap Pull



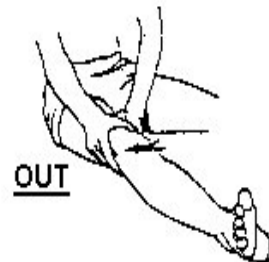
With index fingers on lower border of knee cap, gently pull knee cap up toward hip. Hold 5 seconds. Repeat 5 times. Do 2 sessions per day.

### Patellar Self Mobilization 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.

### Patellar Self Mobilization 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.