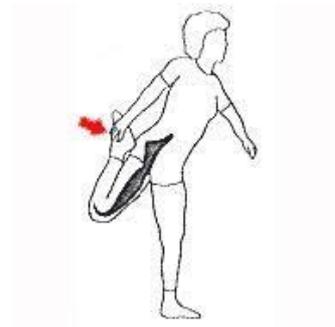
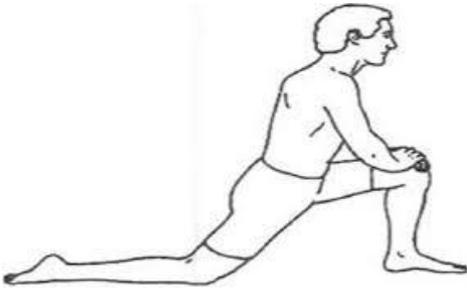
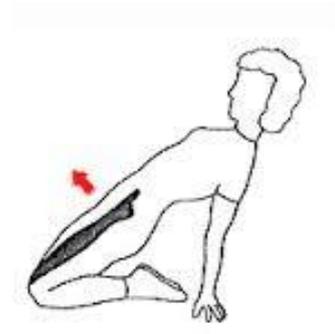
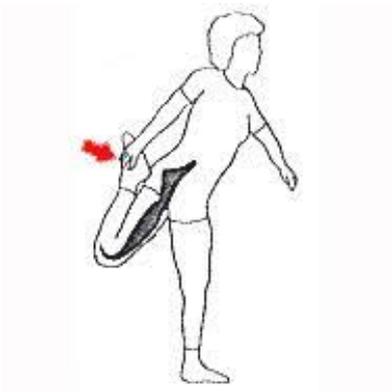


ALONGAMENTOS

Flexores de quadril



Quadríceps



Isquiotibiais



ALONGAMENTOS

Tratoiltibial



alongamento e relaxamento do trato iliotibial.

Para realização do exercício deita-se lateralmente com o rolo de espuma embaixo da coxa inferior, concentrando o peso no rolo e nas mãos, então vai empurrando o corpo para frente e para trás rolando o rolo de espuma para cima e para baixo na coxa.



FORTALECIMIENTOS

Quadriceps



Figure 4. Isometric quadriceps strengthening exercise for patients with patellofemoral pain syndrome. (A) The patient sits on a flat surface with the affected leg bent. (A rolled towel can be placed under the knee.) (B) The patient extends the leg at the knee, pressing toward the ground for 10 seconds. This exercise is performed for three sets of 10 repetitions each.



FORTALECIMENTOS

Isquiotibiais



Prone knee bend



Rotadores externos de quadril



Extensores de quadril



FORTALECIMENTOS

Abdutores de quadril: Glúteo Médio



FIGURE 1. Start and end position for hip clam exercise with 60° hip flexion (**FIGURE 1A**); middle position for hip clam exercise with 60° hip flexion (**FIGURE 1B**).

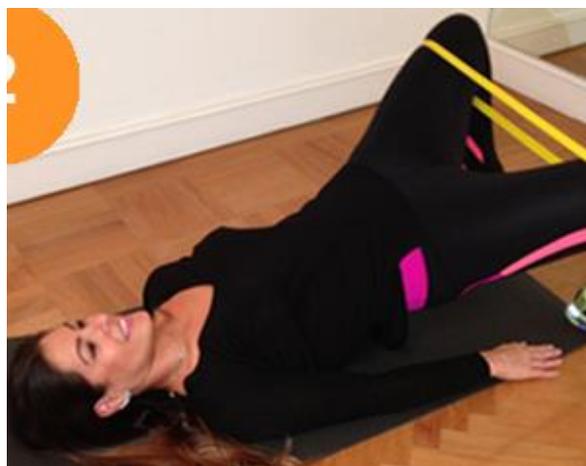


FIGURE 5. Lateral band walks.



FIGURE 3. Single-limb squat exercise.



FIGURE 4. Single-limb deadlift exercise.

- 1) Com pé direito à frente e joelho fletido, tocar a mão esquerda do lado de fora do pé D
- 2) Com joelho estendido (max 30°flex), tocar a mão esquerda do lado de fora do pé D

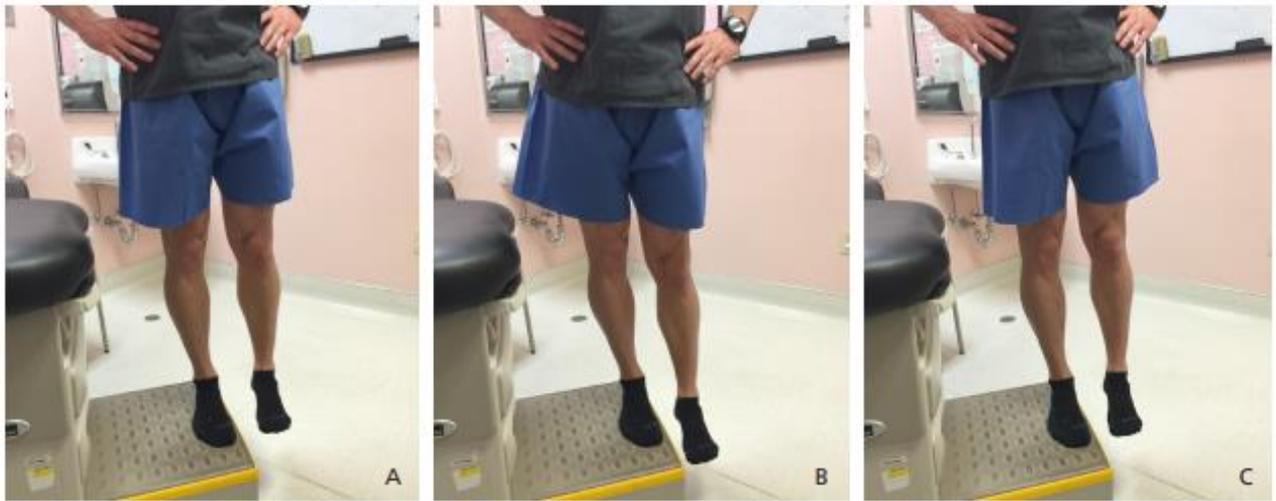


Figure 3. Hip abductor strengthening exercise for patients with patellofemoral pain syndrome. (A) The patient stands with the foot of one leg on a platform, keeping the pelvis parallel with the floor. (B) The opposite leg is lowered slowly while the supported leg remains in knee extension. (C) The gluteal muscles are contracted, which elevates the unsupported leg and returns the pelvis parallel with the floor. This exercise is performed for three sets of 10 repetitions each.

Adutores de quadril

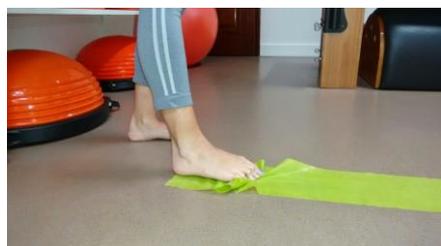


FORTALECIMENTOS

Gastrocnêmio e Sóleo



Músculos intrínsecos do pé



Músculos Inversores



GANHO DE ADM – FLEXÃO DE JOELHO



GANHO DE ADM – EXTENSÃO DE JOELHO



membro inferior não lesado ajuda a elevar e estender o joelho lesado.