## Patellofemoral Pain

- 1 VMO strengthening, balance and proprioception
- 2 Core strengthening
- 3 Pelvifemoral stabilization
- 4 Treat both knees
- 5 ACL prevention program to begin after 2 weeks. Visit <a href="https://www.ACLPREVENT.COM">www.ACLPREVENT.COM</a> for instructions

