

# Patella Mobilization Medial / Lateral Glides



**Medial Glide** - Utilizing a pincer grip, grab the inside and outside edges of your kneecap and gently push your kneecap in towards your other leg. Hold \_\_\_\_\_ sec. Repeat \_\_\_\_\_ x's. Do \_\_\_\_\_ sets. Do \_\_\_\_\_ x's a day.

**Lateral Glide** - Utilizing a pincer grip, grab the inside and outside edges of your kneecap and gently push your kneecap out.. Hold \_\_\_\_\_ sec. Repeat \_\_\_\_\_ x's. Do \_\_\_\_\_ sets.

