

Patella Mobilization Superior / Inferior Glides



Superior Glide - With thumbs on lower border of kneecap, gently pull kneecap towards your body. Hold _____ sec. Repeat _____ x's. Do _____ sets. Do _____ x's a day.



Inferior Glide - With thumbs on upper border of kneecap, gently push your knee cap towards your foot. Hold _____ sec. Repeat _____ x's. Do _____ sets. Do _____ x's a day.

