



BACKWARDS TREADMILL PROGRAM

Treatment for knee pain related to the kneecap (patellofemoral pain syndrome)

Instructions:

1. Set treadmill to a high but comfortable incline (at least 5-6 degrees elevation).
Note: Higher is better, but will be harder at first so work your way up.
2. Start walking at a slow speed (1.0-1.5 mph maximum).
3. Now turn around and face backwards.
4. Continue to walk normally but take long, lunging steps. You should feel like you are walking backwards up a hill.
5. Try to let go of the rails or only hold very lightly.
6. Keep going for 5 -10 minutes your first session.
Eventually increase your time to 30 minutes each session.
7. Do this exercise 3 times per week but not on consecutive days.



MOST IMPORTANTLY - DON'T GIVE UP!

- It will take at least 4-6 weeks to start noticing a decrease in your pain.
- Your knees might feel worse during the first few weeks of doing this exercise.
- Use ice to settle the pain. Apply for 20 minutes after the treadmill session.