

Patellar tracking Syndrome:

1. VMO exercise 5 repetitions taking 5 seconds up and down
2. Upward / downward dog 20 reps/ with 1 second pause
3. Ice knee if acute
4. Orthotics if indicated
5. Glucosamine sulfate for 3 months to heal damaged cartilage.
6. Once healed 5 minutes / day of barefoot running to build arch strength.