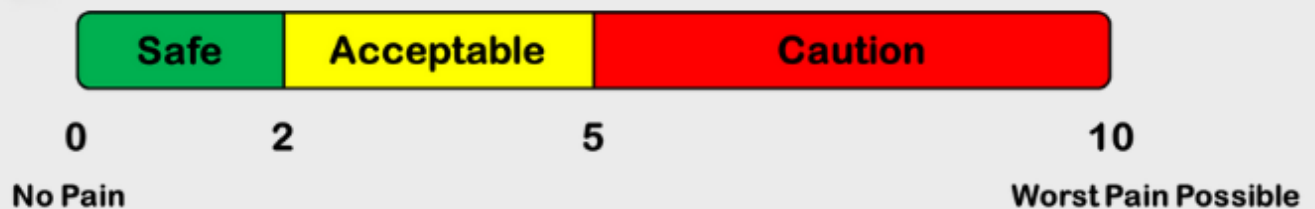




## 5 TIPS TO MONITOR YOUR KNEE PAIN DURING EXERCISE

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Use this scale to guide acceptable pain levels



- 1 Ideally keep pain  $< 2/10$  during your activities if possible
- 2 Do not exceed  $5/10$  pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person.

