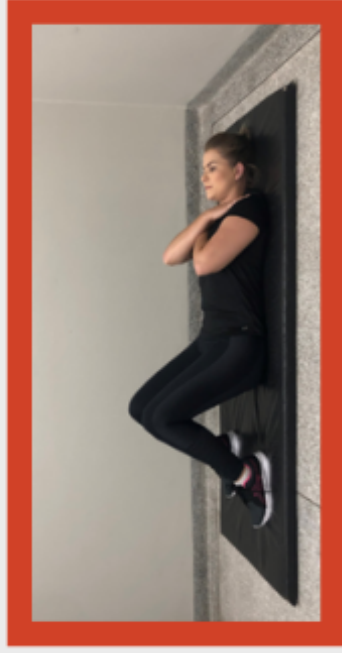




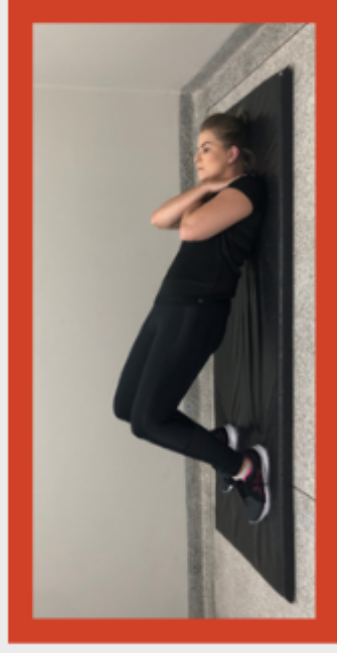
BRIDGE EXERCISE

LEVEL 1 - TWO LEGGED BRIDGING

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@TREK_group



- INSTRUCTIONS**
- Lay down on the floor
 - Cross your hands over the chest
 - Tighten bottom muscles



- Tuck bottom under and lift hips up
- Don't arch your back at top of bridge
- Lower back down with bottom muscles

Sets: 3

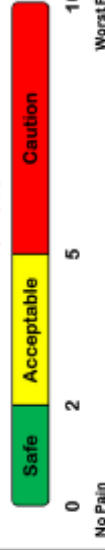
Repetitions: 12

**Rest for: 60 seconds
between sets**



5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

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.