



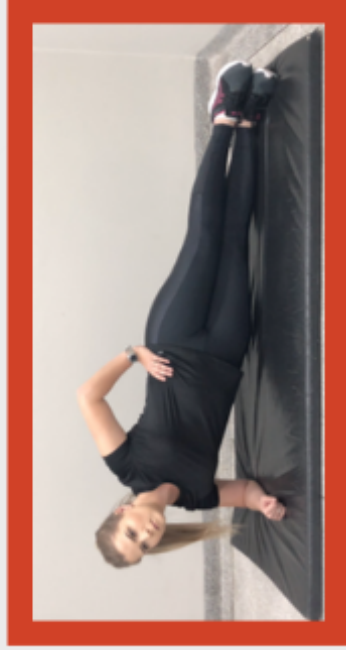
# CORE EXERCISE

## LEVEL 6 - SIDE PLANK

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### INSTRUCTIONS

- Start with **lying on side** with elbow and knees on soft surface
- **Keep hips straight in straight line with shoulders and knees**
- **Lift hips off the ground**
- **Make sure shoulders and back are straight and not rotated**
- **Tense bottom muscles**
- **Maintain straight posture**
- **Complete on both sides**



**Sets: 3 each side**  
**Hold for: 60 seconds**  
**Rest for: 60 seconds**  
**between sets**

Two more options to further progress the side planks are:  
(1) Plank on legs straight on feet  
(2) Plank on one hand and foot

### 5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels

	Safe	Acceptable	Caution	
0	2	5	10	
No Pain				Worst Pain Possible

- 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.