



INSTRUCTIONS TO THE EXERCISE PROGRAM

@M_Pazzinatto @DrDanilo_Silva @TREK_group

Exercise therapy is the critical component for the treatment of knee cap pain

You should complete **one exercise of each group** (core, hip, bridge and quads) per day, at least **3 times a week**.

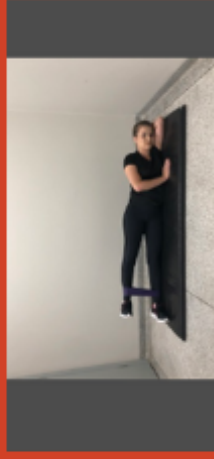


EXERCISES GROUPS

CORE EXERCISES



HIP EXERCISES



BRIDGE EXERCISES



QUADS EXERCISES



5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels

0	2	5	10
No Pain	Safe	Acceptable	Caution
			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.

If you do not respond so well to the exercises, consider using **shoe inserts or knee cap taping** during the exercises