

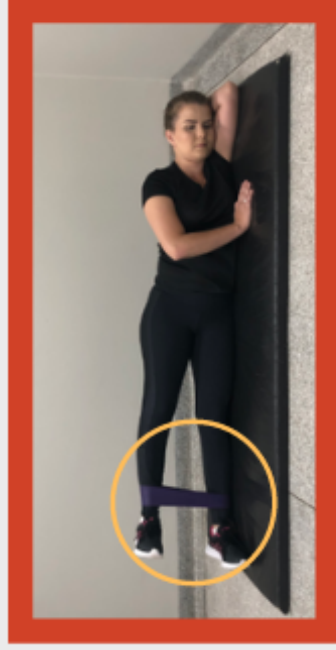
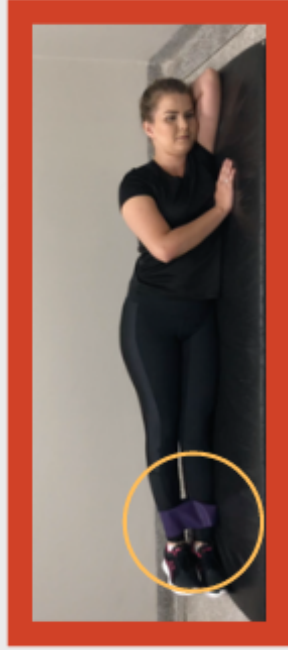
HIP EXERCISE

LEVEL 2 - SIDE LEG LIFTS (RESISTED)

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INSTRUCTIONS

- Start lying on side
- Add a resistance band around your knees or ankles
- Tighten bottom muscles
- Move one leg up in line with body, then move it down
- Keep the leg straight
- Don't let hips rotate or drop
- Complete on left and right sides



Sets: 3 each side

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.