



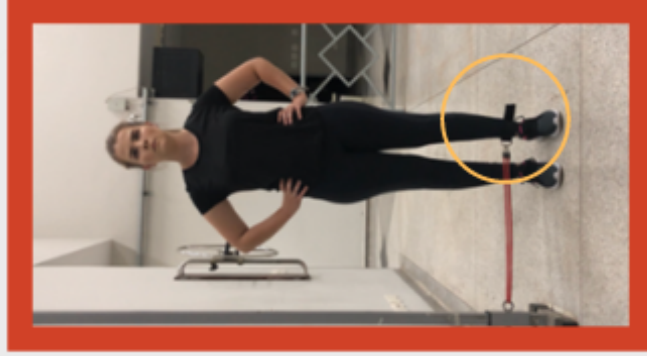
# HIP EXERCISE

## LEVEL 3 - STANDING LEG LIFTS

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### INSTRUCTIONS

- Fix resistance band to a stable heavy object
- Band should be slightly above the ankle
- Don't lean or incline the trunk
- Hold some support to increase stability
- Move one leg up in line with body, then move it down
- Keep the other leg straight and stable by tightening bottom muscles
- 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.