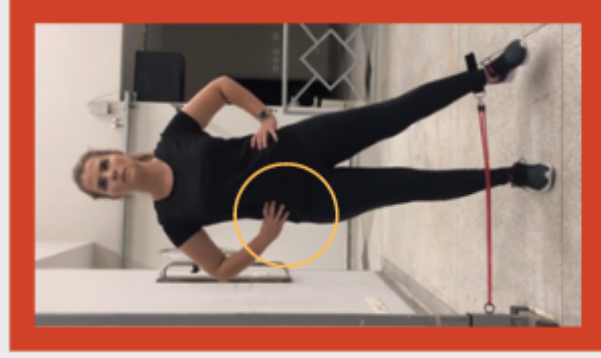


HIP EXERCISE

LEVEL 4 - HANDS OFF SUPPORT

INSTRUCTIONS

- Fix resistance band to a stable heavy object
- Band should be slightly above the ankle
- Don't lean or incline the trunk
- **Don't hold any support**
- 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



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.