



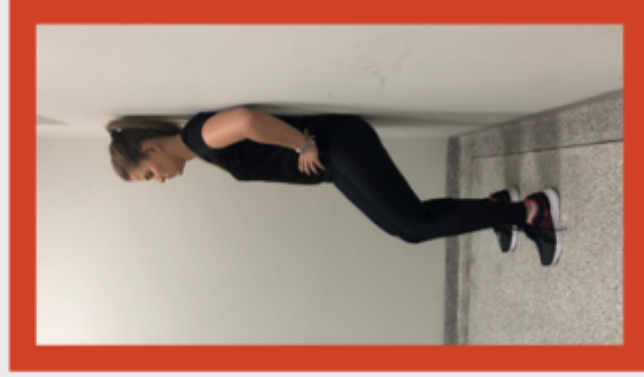
QUADS EXERCISE

LEVEL 1 - WALL-SIT

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INSTRUCTIONS

- Start with knees bended at ~30 degrees
- Keep even pressure on both legs and feet
- Keep knees in line with your toes
- Keep shins vertical to the ground



Sets: 3

Hold for: 60 seconds

**Rest for: 60 seconds
between sets**



5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



0 No Pain
2
5
10 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.