

# QUADS EXERCISE

## LEVEL 2 - WALL-SIT (INCREASED DEPTH)

@M\_Pazzinato  
@DrDanilo\_Silva  
@TREK\_group

### INSTRUCTIONS

- Start with knees bended at ~30 degrees. Then, gradually increase to ~90 degrees
- Keep even pressure on both legs and feet
- Keep knees in line with your toes
- Keep shins vertical to the ground



**Sets: 3**

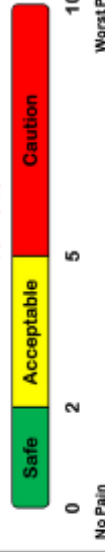
**Hold for: 60 seconds**

**Rest for: 60 seconds  
between sets**

### 5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE



Use this scale to guide acceptable pain levels



- 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.