



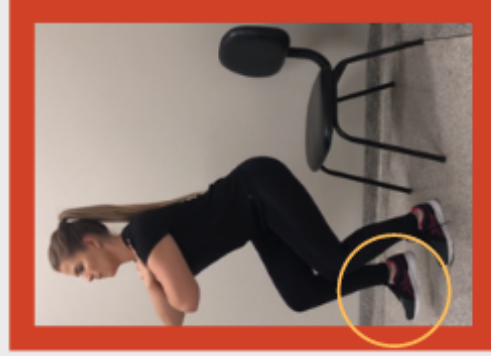
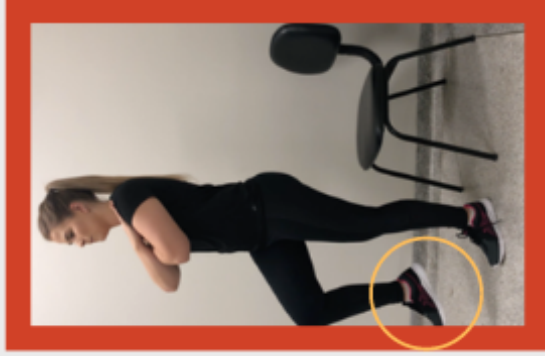
QUADS EXERCISE

LEVEL 5 - ONE LEGGED SQUATS

@M_Pazzinato
@DrDanilo_Silva
@TREK_group

INSTRUCTIONS

- Stick bottom out, as though going to sit on edge of a chair
- Use a chair for guidance and safety, but don't sit down on it
- Stand on one leg (slightly hold a support if losing balance)
- Keep even pressure on the other leg and foot
- Keep knees in line with your toes
- Keep trunk straight, without twisting or bending
- Squat up and down
- 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



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.