



QUADS EXERCISE

LEVEL 6 - WEIGHTED ONE LEGGED SQUATS

INSTRUCTIONS

- Stick bottom out, as though going to sit on edge of a chair

- Add weight. If in a gym, use weight you can do 12x without compromising technique. If at home, hold heavy items (i.e. rice packs)

- 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

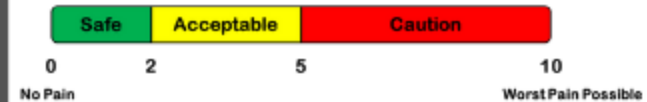
Repetitions: 12

Rest for: 60 seconds between sets



5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



- 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. 💡