

Exercise levels

Activity levels

Set
Repetitions
Seconds
Knee angle

Exercise	Set	Repetitions	Seconds	Knee angle	Activity Level
3 Continue exercise level 3 until activity level 11	1	10	2	-	1
	2	10	2	90°	2
	3	10	2	90°	3
	4	10	2	90°	4
3 Lunges and normal squat	1	10	2	90°	1
	2	10	2	90°	2
	3	10	2	90°	3
	4	10	2	90°	4
2 Normal squat	1	10	10	-	1
	2	10	10	90°	2
	3	10	10	90°	3
	4	10	10	90°	4
1 Wall squat	1	5	-	level 1	1
	2	5	-	level 2	2
	3	5	20	90°	3
	4	10	20	90°	4

Block 2

Exercise	Set	Repetitions	Seconds	Knee angle	Activity Level
Isometric holds	1	10	30	-	1
	2	10	30	-	2
Bridges	1	3	10	-	1
	2	3	10	-	2

Block 1

Here is an overview of Block 1 and Block 2 (more information can be found in the leaflet and training diaries). You can only increase a level in the exercises or activities if your pain is in the OK zone (below) immediately after, and the morning after completing an exercise/activity. Some activities can only be started after you complete the specific exercises.

- 1 Light walking/cycling
- 2 Faster walking/medium to hard cycling
- 3 Slow running
- 4 Stairs
- 5 Running in medium pace
- 6 Skipping
- 7 Jumping
- 8 High speed running, turning and jumping
- 9 Warm-up and 1/2 training
- 10 Warm-up and full training
- 11 Match/competition

No Pain

Worst pain imaginable



OK

NOT OK