



This is a quick guide to what you will find inside the PDF for your knee problem.

You won't find random exercises.

Instead, you will follow a structured path starting with a **photo- and video-guided self-assessment**, designed to help you better understand your condition.

Based on this, you will be able to choose the most appropriate protocol for your specific case.

Inside the guide, you will also find **targeted exercises for each condition**, all explained in a clear and simple way.

If you have any doubts or questions, you can contact us at:

 [support@physiocarehub.eu](mailto:support@physiocarehub.eu)

## How This Guide Works

Inside this PDF you will find:

- simple questions
- guided movement tests
- progressive exercise programs

Each step is accompanied by clear explanations to help you understand **what it is for** and **how to perform it correctly**, without forcing movement and without fear.

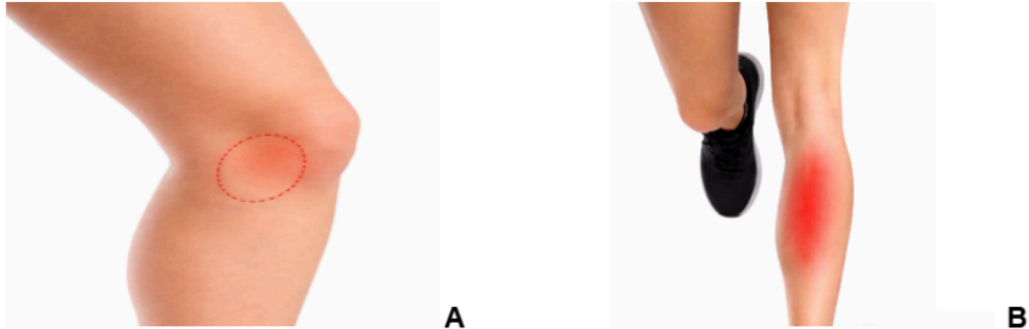
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### **Let's Begin Together**

Now let's get straight to the point.

Take your time to answer the questions and listen to your body's sensations.  
There are no right or wrong answers.

## QUESTION 6 — Pain Location



Look at the images and compare them with the area where you feel pain.

### 👉 Why we ask this

- **Image A** → possible involvement of the **pes anserinus** (sartorius, semitendinosus,

## **B** Protocol B — Muscle Tightness and Overload

If you recognized yourself in tests where pain appeared during effort or resistance, such as:

- sharp or localized pain
- muscle tension
- discomfort during active movement

this may suggest muscle tightness, contractures, or tendon overload affecting knee function.

In these cases, you may experience:

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**💬 Let's Begin Together**

## 2 Sumo Squat



**Position:**

Stand with your feet wider than shoulder-width apart.

**Ready to understand  
and address your knee issue?**

Download our guide for a simple and effective  
approach. ✓



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