

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

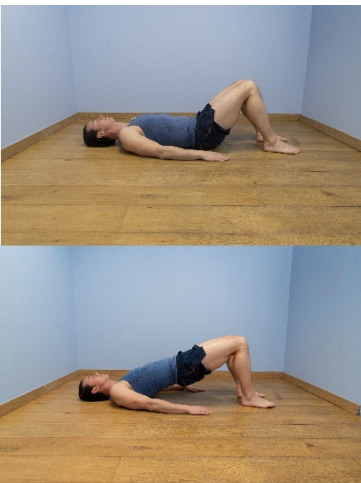
Pain should not exceed 3/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Heel slide

- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel along the surface up towards you by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel as close to the hip as possible.
- After a 2 second hold, begin straightening the knee by sliding the heel away from you.



15 reps / 2-3 sets / 1 minute rest

2. Hip bridge

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.



Up to 1 minute / 3 sets / 1 minute rest

3. Isomeric pillow press

- Sit in a firm, stable chair and place a pillow on the floor under the foot of the targeted leg.
- Push the foot down in to the pillow using the thigh and buttock muscles.
- Hold the squeeze at around 70% of your maximum effort, pain should remain at or below 3/10 on your pain scale.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.