

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 4/10 whilst completing this exercise programme.

Up to 1 minute / 3 sets / 1 minute rest



1. Single leg balance

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – maintain a slight bend in the standing knee.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the leg.



15 reps / 2-3 sets / 1 minute rest



2. Bodyweight squat

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.



15 reps each leg / 2-3 sets / 1 minute rest



3. Step up

- Stand at the bottom of a step facing it – hold on to the wall/bannister if required for balance and/or support.
- Lift the affected leg and place the foot of the leading leg fully on the step.
- Straighten the leading leg by squeezing the thigh and buttock muscles as you rise on to the step and bring the trailing leg up to in to standing.
- Reverse the movement carefully and with control, placing emphasis on using the standing leg.

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.