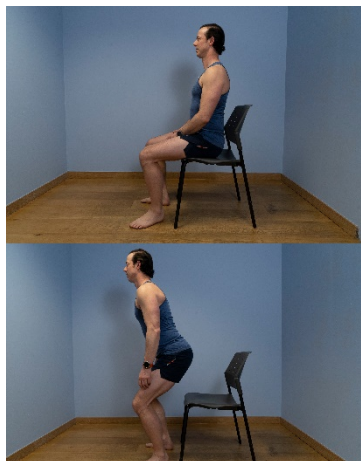


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 5/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Sit to stand

- 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 / 3 sets / 1 minute rest

2. Brisk walk

- Start by taking shorts walks everyday just to get out in the fresh air and into nature if you can.
- Walk at a speed that raises your heart rate but leaves you able to have a conversation.
- Walking with a friend or partner with the government guidance is great.



3. Child's pose stretch

5 rest / 1-2 sets / 1 minute rest

- Start in a kneeling position.
- From here reach your hands out as far in front of you as possible on the floor with one hand on top of the other.
- Now sit slowly backwards onto your heels until you feel a stretch in your back.
- Note: If you cannot kneel then this exercise can also be done in standing with your hands in front of you on the kitchen table or worktop.
- Hold for 20 seconds relaxing into the position.

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.