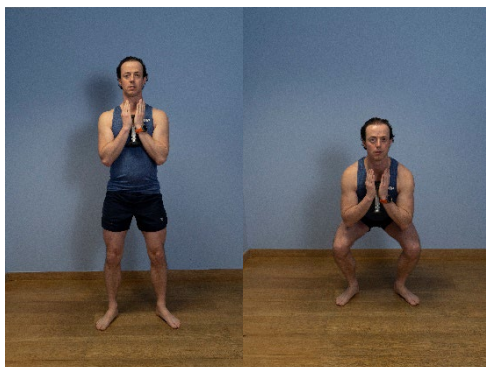


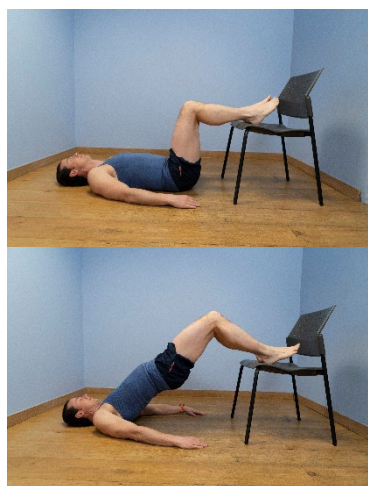
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.

15 reps / 2-3 sets / 1 minute rest



### 1. Weighted squat

- Stand upright with your feet hip-width apart and a weight placed evenly across your shoulders (back squat) or holding it securely against your chest (goblet squat).
- Engage the abdominal region and in a controlled manner, sit back as if you are sitting into a chair.
- At the same time, your head and chest will come forwards to maintain your balance, 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 / 2-3 sets / 1 minute rest

### 2. Hip bridge with feet elevated

- On a comfortable surface, lay flat on your back with your knees bent and heels placed on a raised platform such as a box or a chair – have the feet and knees hip-width apart.
- Straighten out the non-working leg, keeping it off the floor throughout.
- Raise your hips up towards the ceiling by digging your heel in to the floor and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.



15 reps / 2- 3 sets / 1 minute rest



### 3. Raised split squat

- For this exercise, you will need a secure raised surface behind you such as a small step.
- Stand upright in front of the surface facing away from it.
- Transfer your weight on to the target leg and place the foot of the trailing leg up on the small step.
- Bend the knee and hip of the standing leg so that your hips lower directly downwards to the point where the trailing knee is just off the floor.
- Hold for 3 seconds before squeezing the buttock and thigh muscles to straighten the standing leg – do not forcibly lock out the knee.
- Repeat for the recommended repetitions.

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.