

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.

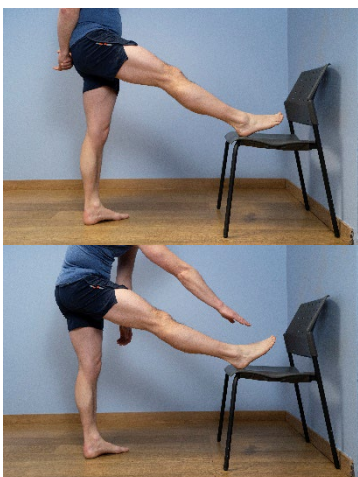
Pain should not exceed 3/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Heel slide

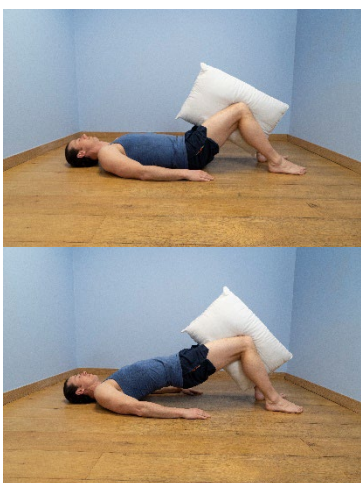
- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel along the surface up towards you by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel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



2 reps / 2-3 sets / 1 minute rest

2. Hamstring stretch

- In standing place your foot on a low step/table/chair.
- Make sure that the foot is flat i.e., do not pull your toes up towards you.
- Keep a very slight bend in the knee.
- Now lean forwards over the leg and ensure that you feel a stretch in the back of the upper leg.



10 reps / 2- 3 sets / 1 minute rest

3. Hip bridge with a pillow between the knees

- 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 – have the feet and knees hip-width apart and a pillow between the knees.
- Whilst maintaining moderate pressure on the pillow, raise your hips up towards the ceiling by pushing through your heels 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.

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.