

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.

3 sets / 30 reps / 3 minute rest

1. Eccentric double leg squat



- Stand upright with your feet hip-width apart (if available raise your heels off the floor by standing on a book or rolled up towel).
- 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.
- Aim to take 5 seconds on the way down and 1 second on the return to standing.
- If able to perform 15 repetitions comfortably then add resistance through a rucksack or weights (5-10kg).



3 sets / 30 reps / 3 minute rest

2. 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.



3 sets / 20 reps / 3 minute rest

3. Step up with eccentric focus



- Stand side on to a box/platform approximately knee height with the target leg closest to the platform.
- Lift the leg up and place the foot flat on top of the platform.
- Slowly shift your weight on to the leg on the platform and transition in to standing by pushing up using the buttock and thigh muscles.
- Once upright on top of the platform, reverse the motion focusing on lowering down through the targeted leg slowly, touching down the supporting leg when you can no longer control the movement.

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.