

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.



1. Eccentric squat

2-3 sets / 15 reps / 1 minute rest

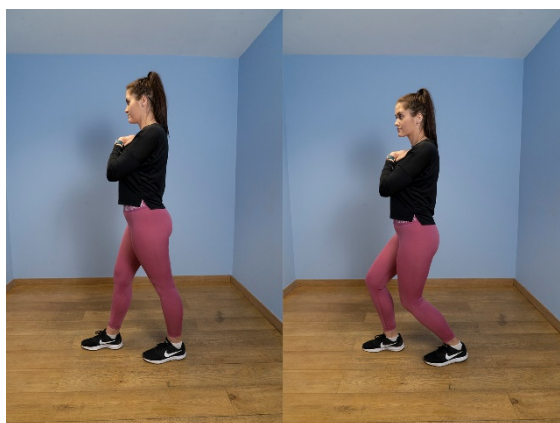
- Perform this exercise on safe flooring, wearing suitable footwear.
- Begin the exercise in upright standing with a firm surface/object nearby to use for support/balance if required.
- Have your feet hip-width apart with the toes facing slightly outwards.
- Bend your knees and hips as if lowering in to sitting – focus on going down slowly and with control.
- Return to start position.
- Aim to take 5 seconds on the way down and 1 second on the return to standing.



2. Eccentric step down

2-3 sets / 15 reps / 1 minute rest

- Stand on a small step facing down with the feet fully on the step, as if coming down the step/stairs. You can hold on to something for balance.
- Keep the targeted leg on the step and lower the other leg down towards the lower surface as if recreating walking down the stairs.
- Focus on lowering yourself down slowly and with control using the standing, targeted leg.
- Gently touch the heel of the leading leg on the lower surface or to a depth where the pain reaches 5/10 on your pain scale.
- Hold for 3 seconds and then push through the trailing leg to raise yourself back up to the starting position.



3. Partial split squat

2-3 sets / 15 reps / 1 minute rest

- Place the affected leg forward and the other back to form a comfortable stride with the feet hip-width apart – hold onto a firm surface/object for balance & support.
- To initiate the movement, keep the chest up, core engaged and bend both knees so that the hips lower directly downwards – focus on having more weight through the front leg.
- Try to limit the amount of bend in the front knee to 60 degrees (90 degrees = thigh parallel to the floor) and avoid fully locking it out.
- Hold this position for a count of 3 seconds before rising back up to the starting position and repeat.

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.