

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. Double-leg heel raise from a step – straight legs

- Stand at the bottom of the step facing it.
- Stand upright on the step with only the front half of each foot on the step so that the heels drop down – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heel will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.



15 reps / 2-3 sets / 1 minute rest

### 2. Single leg toe touch

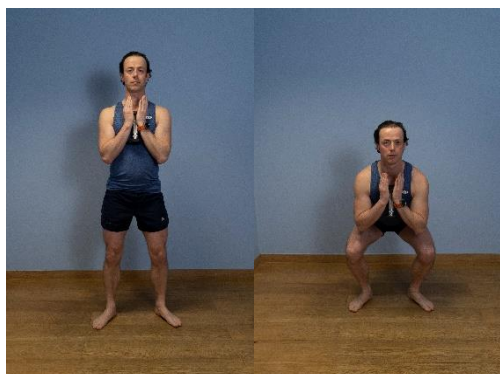


- Perform this exercise standing on the affected leg and have a wall/stable object nearby to assist with balance.
- Shift your weight on to the affected leg and 'hover' the other leg off the floor.
- Bend forward from the hip to move towards touching your toes.
- At the same time, the trailing leg should stay straight and will travel backwards to act as a counterbalance whilst keeping your spine straight.
- As you get close to touching your toes, you should feel a pull in the hamstrings and buttock of the standing leg.
- Squeeze the buttock muscles to reverse the movement and return to standing.
- To progress, hold a small amount of weight in the opposite hand to the leading leg and gradually increase this as strength



15 reps / 2- 3 sets / 1 minute rest

### 3. 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.

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.