

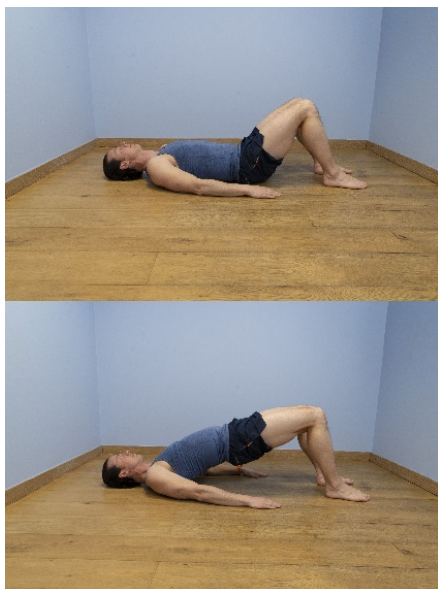
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



### 1. Step up

15 reps / 2-3 sets / 1 minute rest

- Stand at the bottom of a step facing it – hold on to the wall/bannister if required for balance and/or support.
- Lift the affected leg and place the foot of the leading leg fully on the step.
- Straighten the leading leg by squeezing the thigh and buttock muscles as you rise up on to the step and bring the trailing leg up to in to standing.
- Reverse the movement carefully and with control, placing emphasis on using the standing leg.



### 2. Bridge in lying

15 reps / 2-3 sets / 1 minute rest

- 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.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds .
- Push up as far as you feel comfortable, and pain and stiffness allow.



### 3. Single leg squat with toe touch

15 reps / 2- 3 sets / 1 minute rest

- Start by standing with all the weight on one leg.
- Now place the other leg on the floor on the ball of the foot next to or slightly behind the standing leg.
- Begin with 60% of the weight on the standing leg and 40% on the supporting leg.
- Bend the knee and the same time bend the hip as if you were sitting back into a chair.
- Go down until the standing knee is approximately at a right angle.
- Slowly return to an upright 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.