

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. Split stance sit to stand

- Stand in front of a normal height dining chair with one leg in front of the other, shoulder width apart.
- Transfer most of your weight to the leg closest the chair.
- Then slowly start to lower yourself back toward the chair, keeping as much of your weight as you can on the leg closest the chair.
- Once you touch the chair, quickly reverse the movement to stand back up.



15 reps / 2-3 sets / 1 minute rest

### 2. Deadlift

- Stand upright with feet hip-width apart, a slight knee bend and a weight held in both hands.
- Engage the abdominal region and in a controlled manner, bend forward at the hips trying to keep your back straight. Do not let your knees bend further. Let your hips press out backwards.
- Go down as far as you feel comfortable or until your back starts to round.
- Come back up to standing and repeat.



15 reps / 2- 3 sets / 1 minute rest



### 3. Double leg heel raise from a step

- In socks/bare feet, stand at the bottom of the step facing it and place a rolled-up towel across the step.
- Stand upright on the step with only the front half of each foot on the step and the toes on the towel so that they are raised towards the ceiling - the heels should drop down below the step.
- Have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet and toes so that your heels 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.

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.