

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.

1. Split squat

30 reps / 3 sets / 3 minute rest

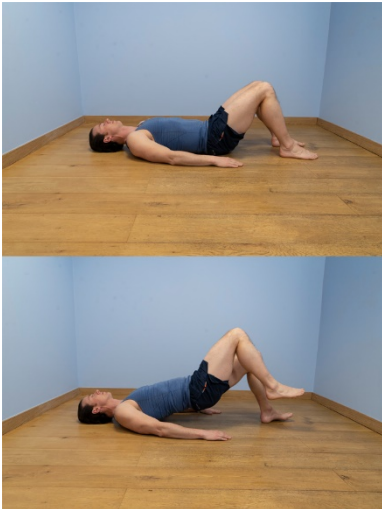


- Place one foot forward and the other back to form a comfortable stride with the feet hip-width apart – you can gently hold on to something for balance.
- Keep the chest up and core engaged whilst simultaneously bending both knees so that the hips lower directly downwards - emphasis should be placed on pushing up through the front foot and keeping the knee in line with the hip and ankle.
- With the trailing knee just of the floor, hold this position for a count of 3 seconds before pushing down through the feet to straighten the knees and return to the starting position
- To progress, hold a small amount of weight in the opposite hand to the leading leg and gradually increase this as strength develops.



30 reps / 3 sets / 3 minute rest

2. Single hip bridge



- 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.
- Whilst keeping the knees in line with the foot and hip, kick the resting leg out straight so that it is off the floor.
- 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 – aim to keep the pelvis level throughout.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.



30 reps / 3 sets / 3 minute rest

3. Step up



- 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 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.

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.