

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 3/10 whilst completing this exercise programme.



2 reps / 30 second hold / 1 minute rest

### 1. Quad stretch- chair

- Standing up tall where you have something to hold onto.
- Place the leg you are looking to stretch on a chair or sofa.
- Once in this position stand up tall.
- If you are not feeling a stretch at the front of the thigh then focus on trying to push your hip on that side forwards.



15 reps / 2-3 sets / 1 minute rest

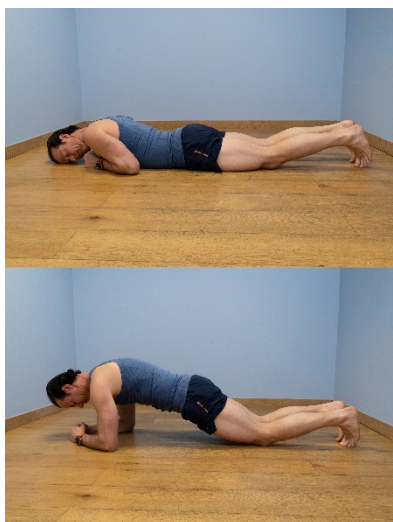


### 2. Bodyweight squats

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this 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.



10 reps / 2-3 sets / 1 minute rest



### 3. Plank from your knees

- Lie on your front.
- Keeping your knees on the floor lift up onto your elbows.
- Hold this position maintaining a straight back for 10 seconds.

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.