

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.

Up to 1 minute / 2-3 sets / 1 minute rest

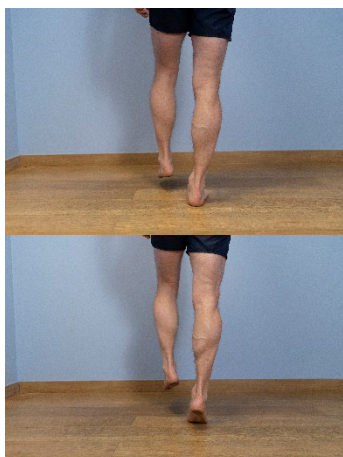


1. Balance and reach

- Start by standing with all the weight on the target leg.
- Rest the other foot next to the standing foot for balance.
- Now with the non-standing leg reach sideways (hovering just above the floor) as far as possible whilst at the same time bending the standing leg.
- Then return to the start position maintaining your balance.
- Repeat in a forwards and backwards direction and continue to do this in a cycle of the three movements only touching down if you start to lose your balance.



15 reps / 2-3 sets / 1 minute rest



2. Single leg heel raise from floor

- Stand on a flat surface, knees straight and feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Lift the non-injured foot off the floor so that you are standing on just the affected leg.
- Push down through the toes and front of the foot as if going up on your tip toes – the heel will begin to rise.
- Lift the heel 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



3. Raised split squat

- For this exercise, you will need a secure raised surface behind you such as a small step.
- Stand upright in front of the surface facing away from it.
- Transfer your weight on to the target leg and place the foot of the trailing leg up on the small step.
- Bend the knee and hip of the standing leg so that your hips lower directly downwards to the point where the trailing knee is just off the floor.
- Hold for 3 seconds before squeezing the buttock and thigh muscles to straighten the standing leg – do not forcibly lock out the knee.

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.