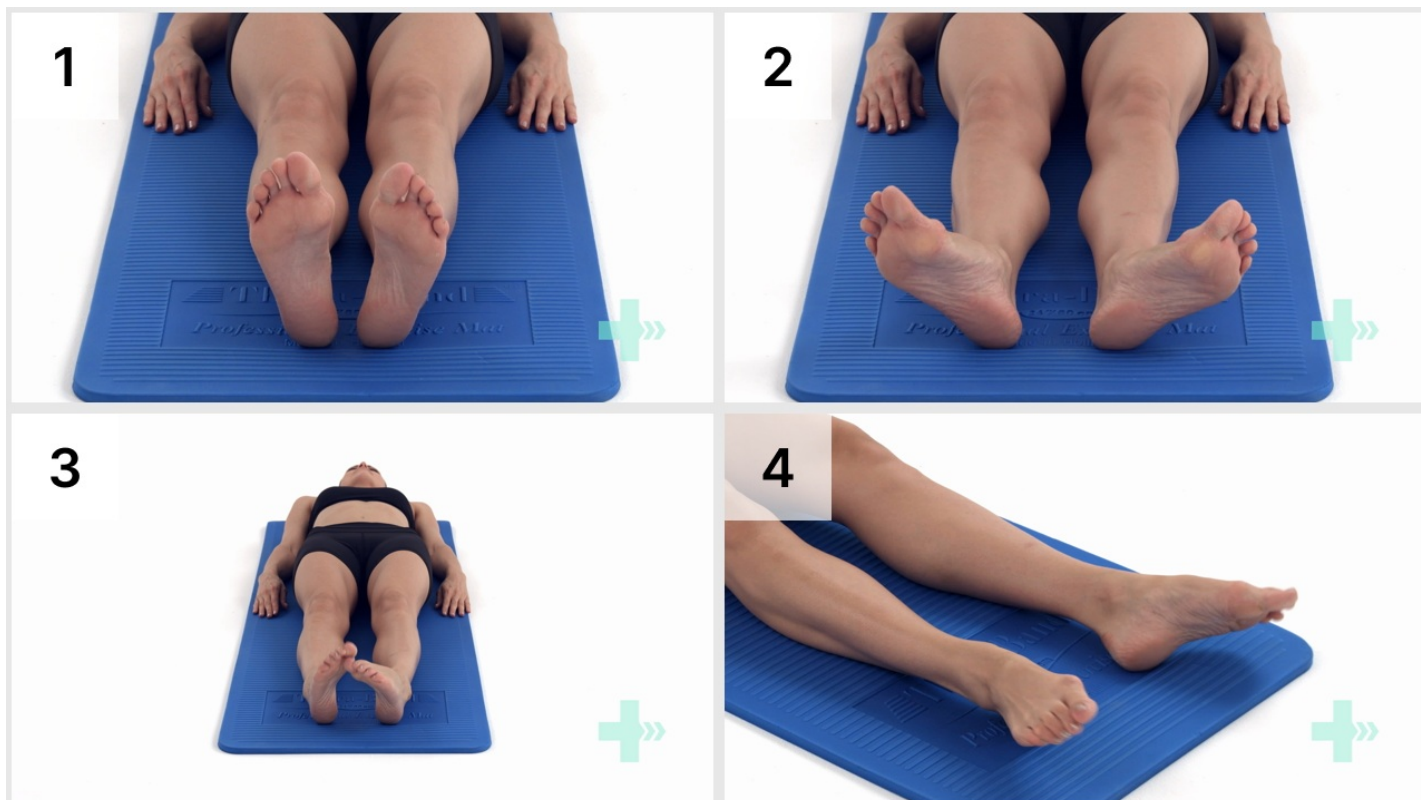


1. Ankle circles AROM, CW CCW (bilateral), supine; 02

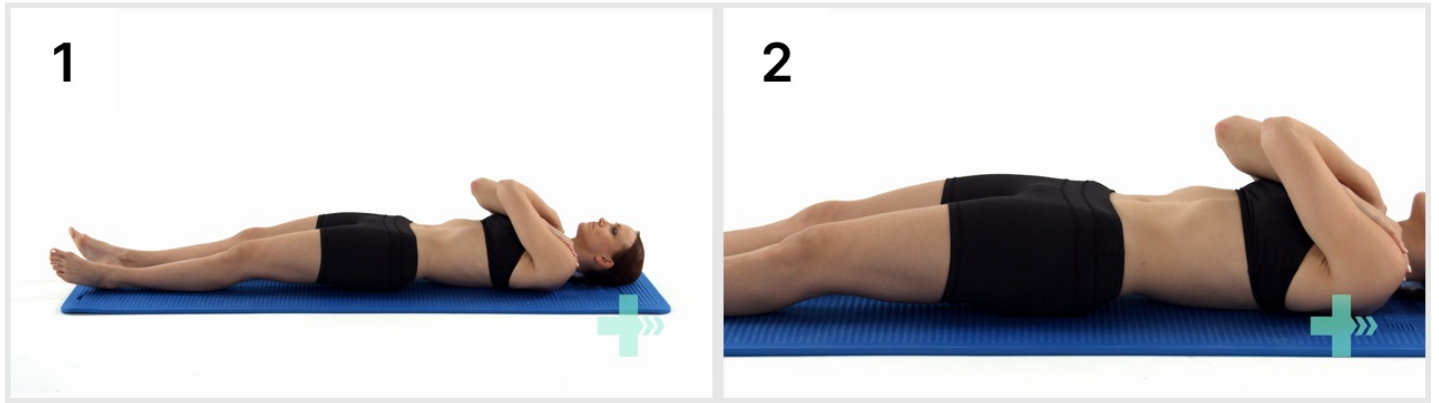
1 Set / 4 Reps / 30 sec duration



Lie down on your back with your legs straight out in front of you.
Make clockwise circles with your ankles, then change direction to make anticlockwise circles.

2. "Glute sets" Hip extension strengthening isometric, supine; 01

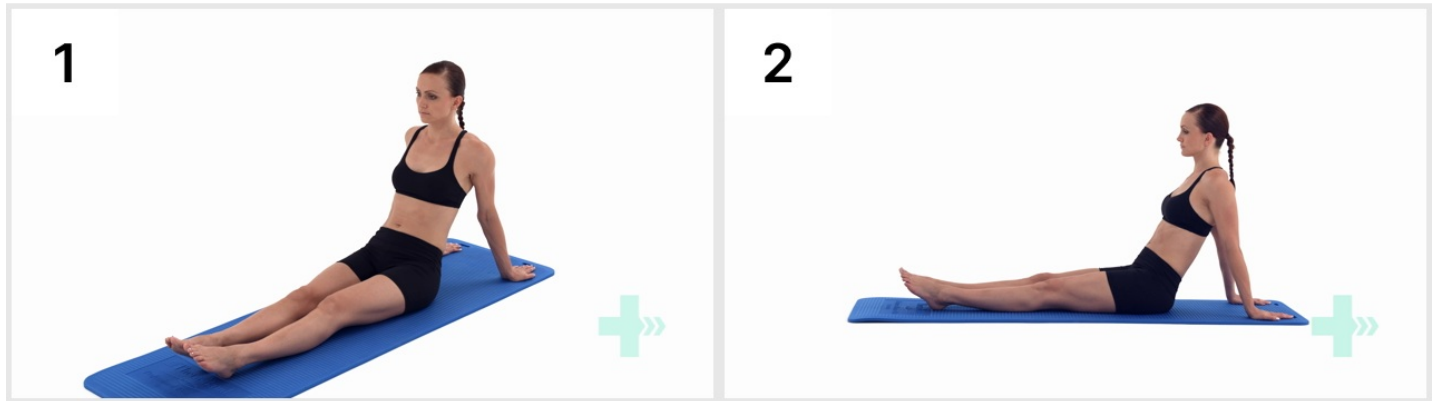
3 Sets / 10 Reps / 5 s hold



Lie on your back with your legs straight.
Clench your buttocks together and hold this position.
Relax and then repeat.

3. "Quad sets" Knee terminal extension strengthening, sitting legs straight

3 Sets / 10 Reps / 5 s hold

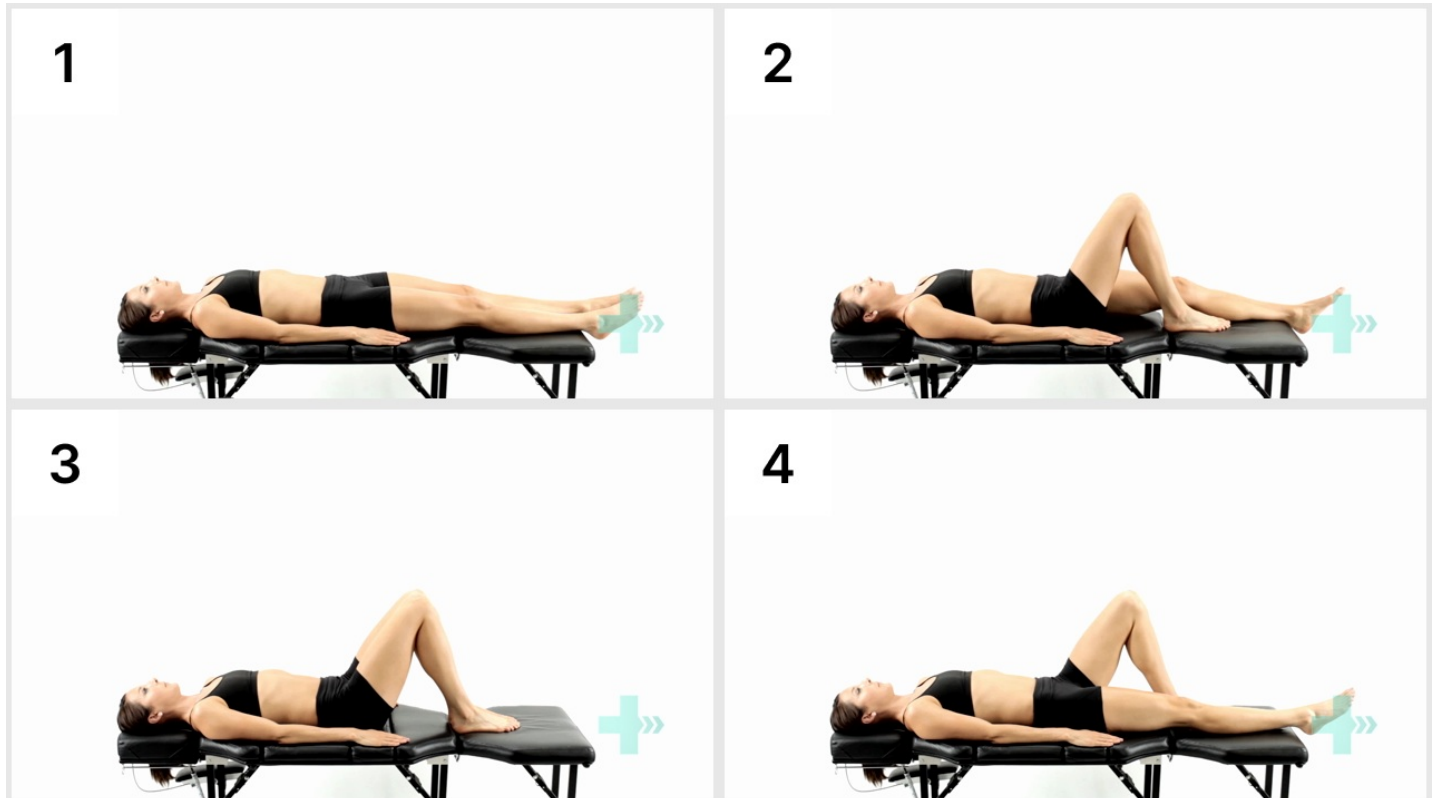


Sit upright and clench your thigh muscles, pushing the back of your knee into the bed so your leg straightens.

Relax and repeat.

4. "Heel slides" Hip/knee flexion/extension AROM, supine; 02

3 Sets / 15 Reps

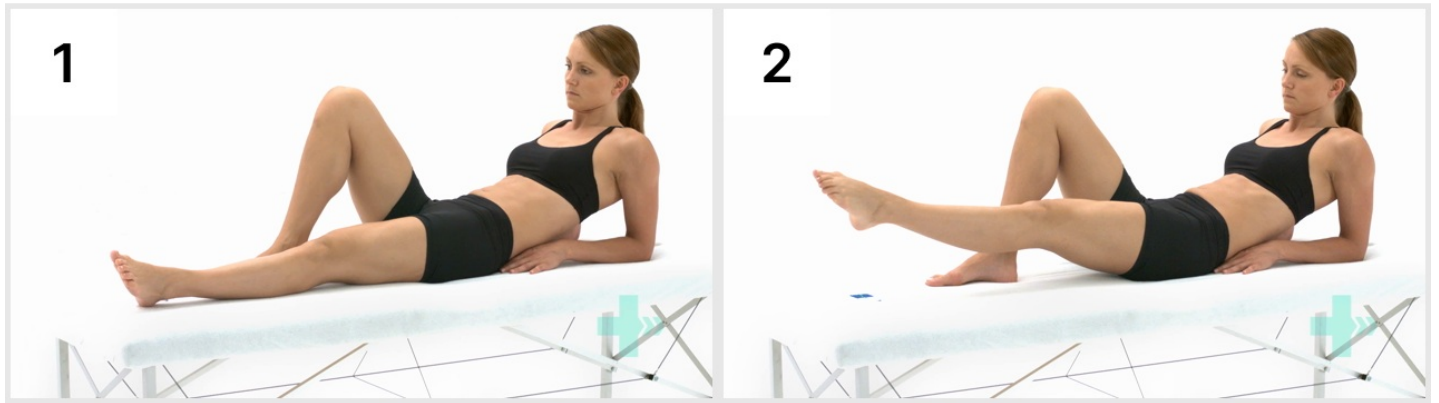


Lie on your back with your legs straight.

Bend the symptomatic leg as far as you can, sliding your heel towards your buttocks, keeping the knee pointing to the ceiling throughout this movement. Slide the heel back down, reversing the movement until your leg is straight again.

5. "Straight leg raise" Core/vastus medialis oblique strengthening, reclined

3 Sets / 15 Reps / 1 s hold



Lie on your back with your affected leg straight and the other leg bent for stability.

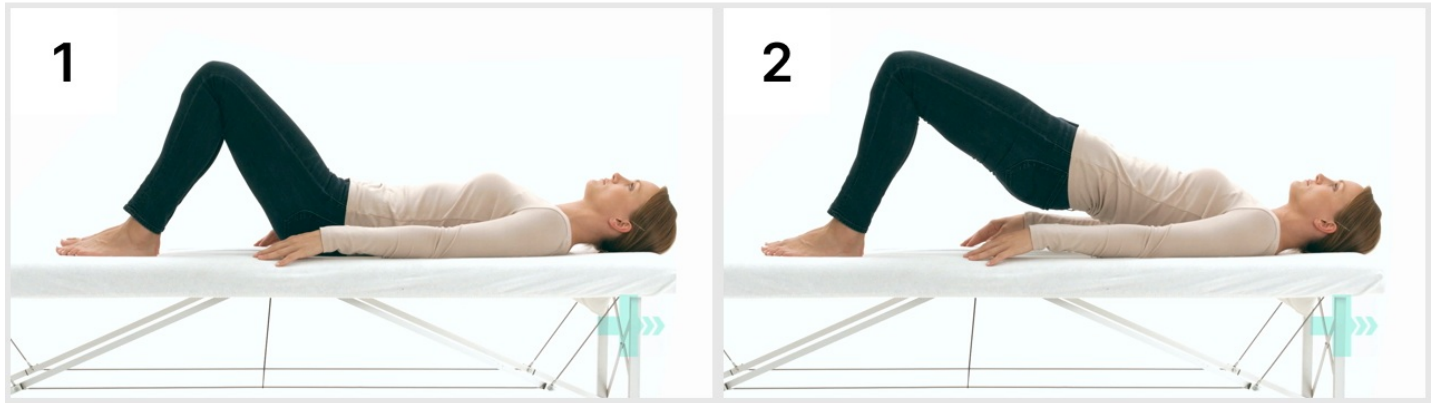
Turn the affected leg out, tighten the thigh muscles to fully straighten the knee and lift the leg off the bed, keeping the knee completely straight.

Hold this position, ensuring the leg is still turned out.

Control the movement as you lower the leg back down, and allow it to roll back in to the neutral position.

6. "Bridge" Core/gluteals strengthening; 02

3 Sets / 10 Reps



Lie on your back.

Bend both knees and place your feet flat on the bed.

Lift your buttocks from the bed.

Place your buttocks back on the bed.

Repeat this exercise and remember to continue to breathe properly.

7. Knee flexion AAROM end range, sitting

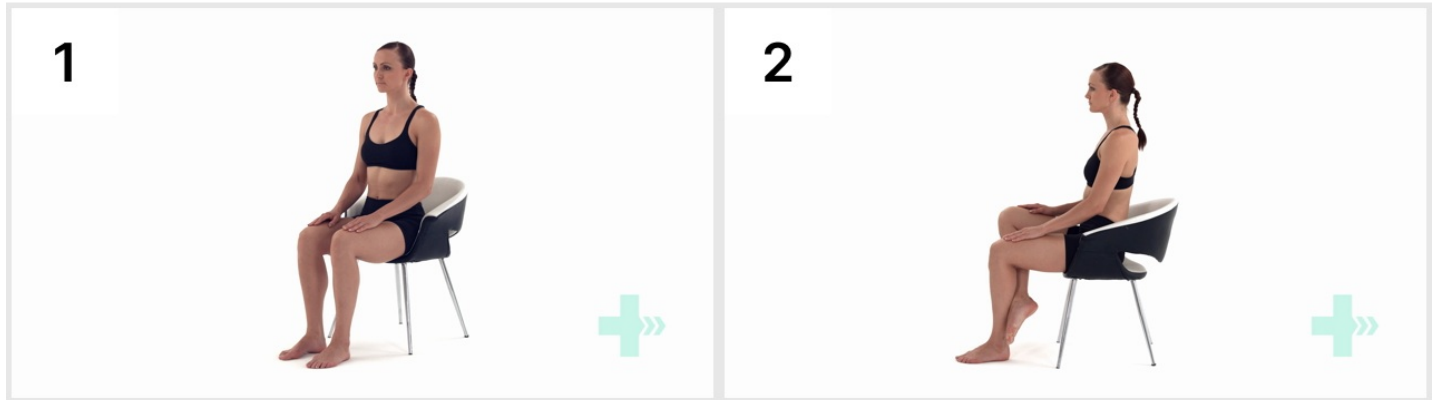
3 Sets / 5 Reps / 10 s hold



Sit in a chair and bend your affected knee back as far as you can.
Place the ankle of your good leg over the front of your affected leg and use it to bend your knee back further.
Hold this position.

8. Hip/knee hamstring strengthening isometric, in sitting; 01

3 Sets / 10 Reps / 5 s hold



Sit in a chair with your legs bent.

Place your good leg behind the calf of your affected leg.

Try to bend your affected leg, whilst resisting the movement with your other leg.