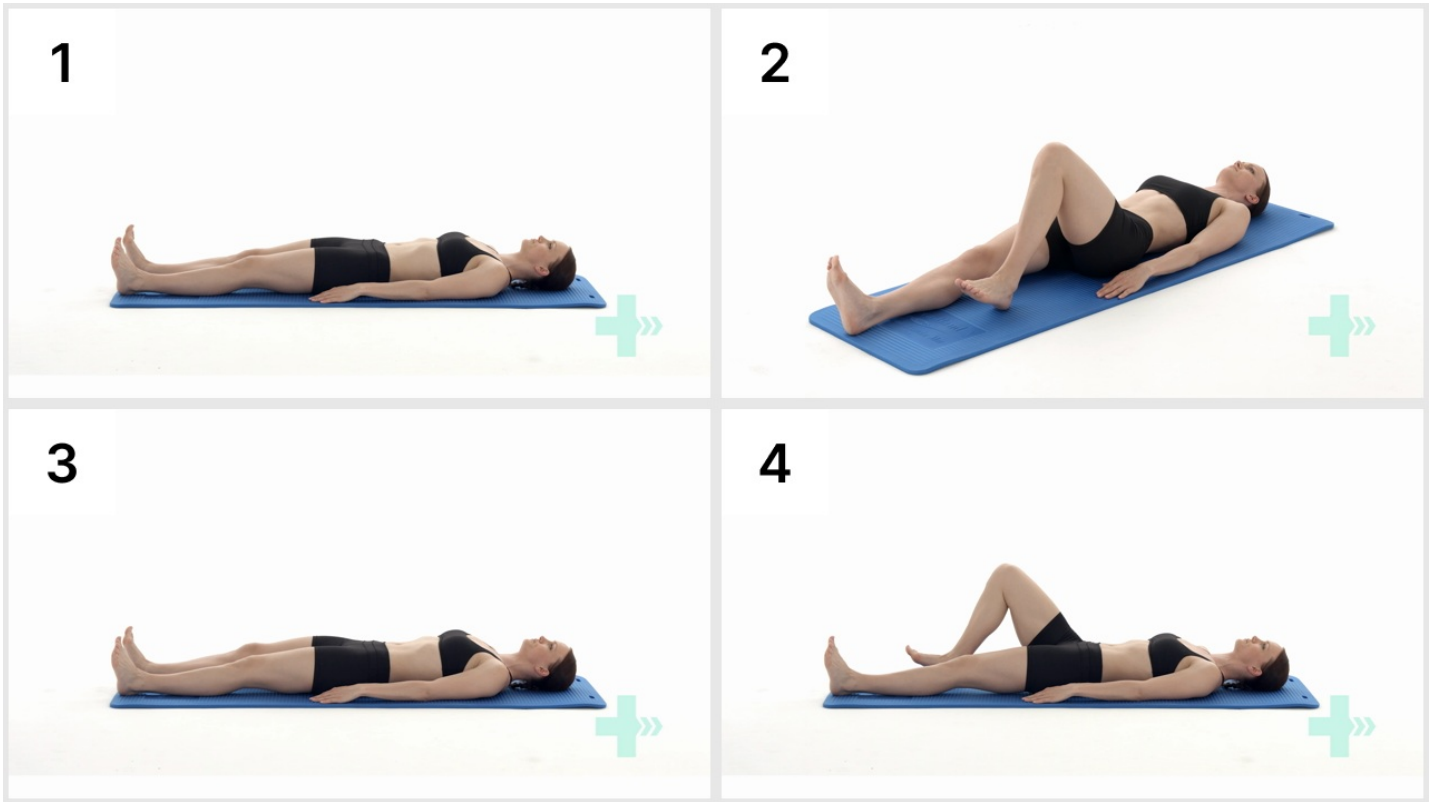


## 1. Core/pelvic floor stabilization, flexing/extending leg, heel slides, with breath, supine

3 Sets / 10 Reps / 2 s hold



Lie on your back with your legs straight out in front of you.

Ensure you point your knees and toes directly up to the ceiling.

Exhale and tighten your abdominal and pelvic floor muscles, stabilising your trunk and your pelvis.

Simultaneously slide one heel along the floor towards your buttock.

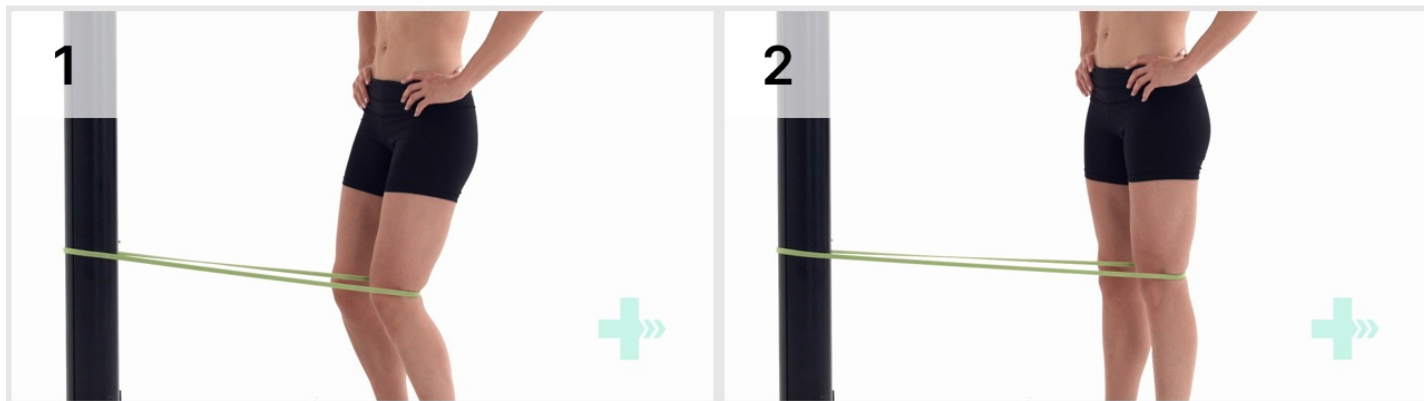
Hold this position as you inhale.

Exhale and slide the foot back down to the starting position.

Make sure your knee continues to point directly up to the ceiling throughout this entire movement.

## 2. Knee terminal extension strengthening with band, standing

3 Sets / 10 Reps



Stand with your feet flat on the floor at hip width apart.

Tie a resistance band into a loop around a secure object.

Place your affected leg in the loop, with the band behind your knee.

Step back so you have some tension in the band.

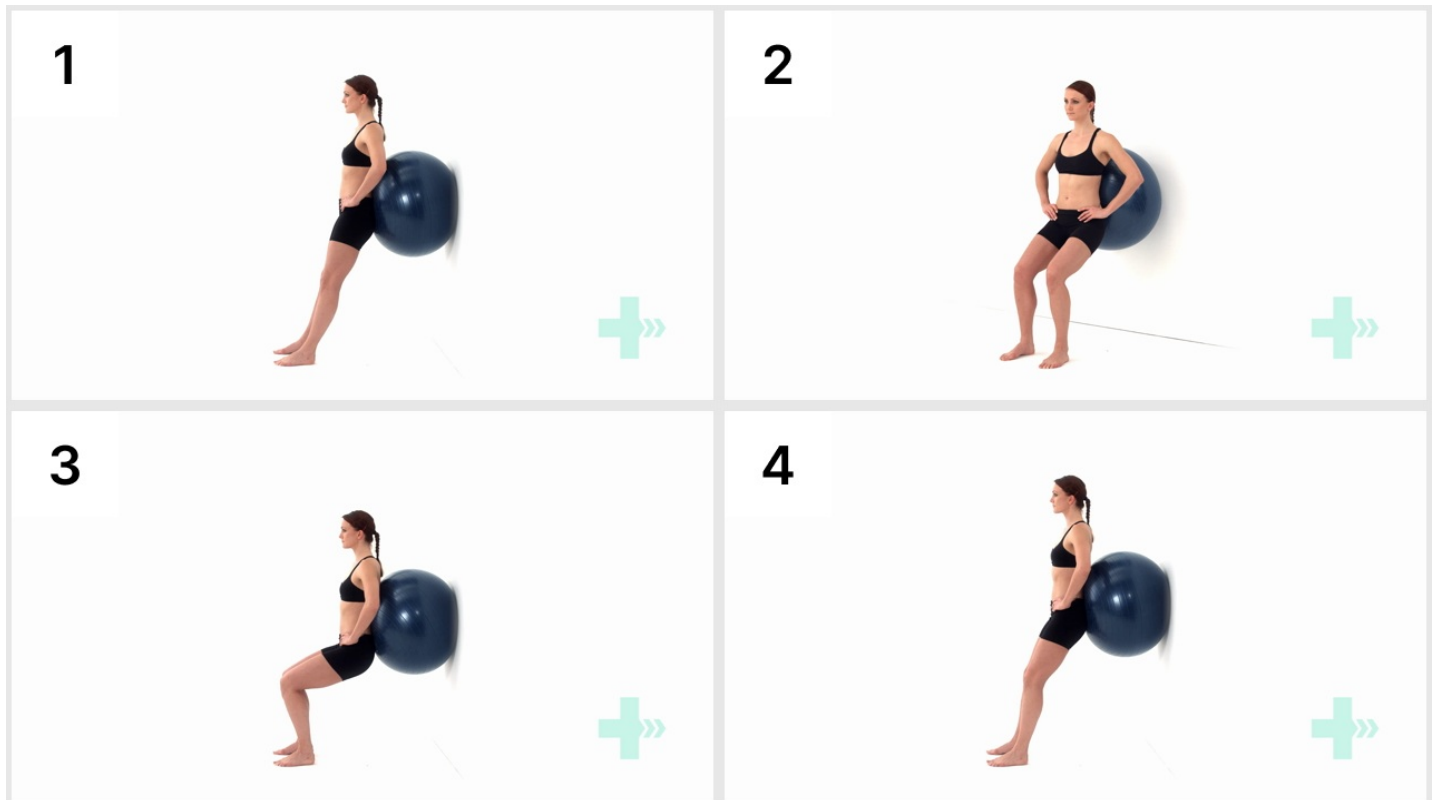
Keeping your body straight, bend both knees a little.

As you straighten your knee back up you will pull against the resistance of the band, working the thigh muscle.

Relax and then repeat.

### 3. "Squat, stability ball on wall" Core/lower body strengthening, to comfort

3 Sets / 10 Reps



Stand with the ball between a wall and your mid back.

Your feet should be placed in front and hips width apart.

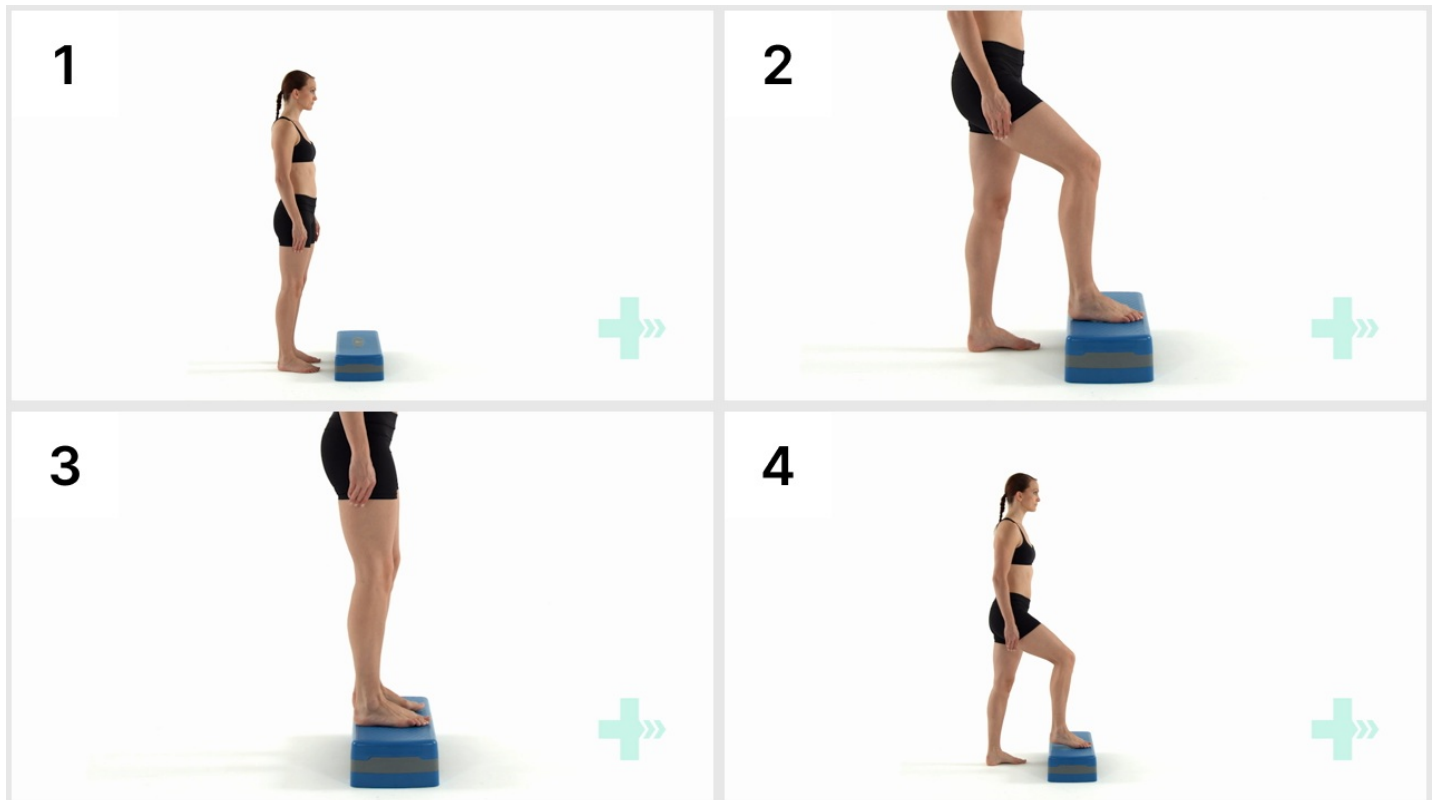
Keeping a straight back, tighten your core stability muscles and gently squat down, as far as you can go comfortably, by bending through your hips so that your knees do not pass in front of your toes.

Tighten your buttock muscles to drive your movement back up to the start position.

Your back should stay straight throughout this movement and your weight should be on your heels, not your toes.

#### 4. "Step ups" Hip/knee extension strengthening - same leg; 03

3 Sets / 10 Reps



Stand facing a step.

Place your affected leg up on the step.

Step up bringing your other leg onto the step and then step back down to the start position using the same leg.

Make sure your knee travels forwards over your toes during this exercise.

Your affected leg will stay on the step throughout this exercise.

## 5. Balance, single-leg, eyes open, near support; 02

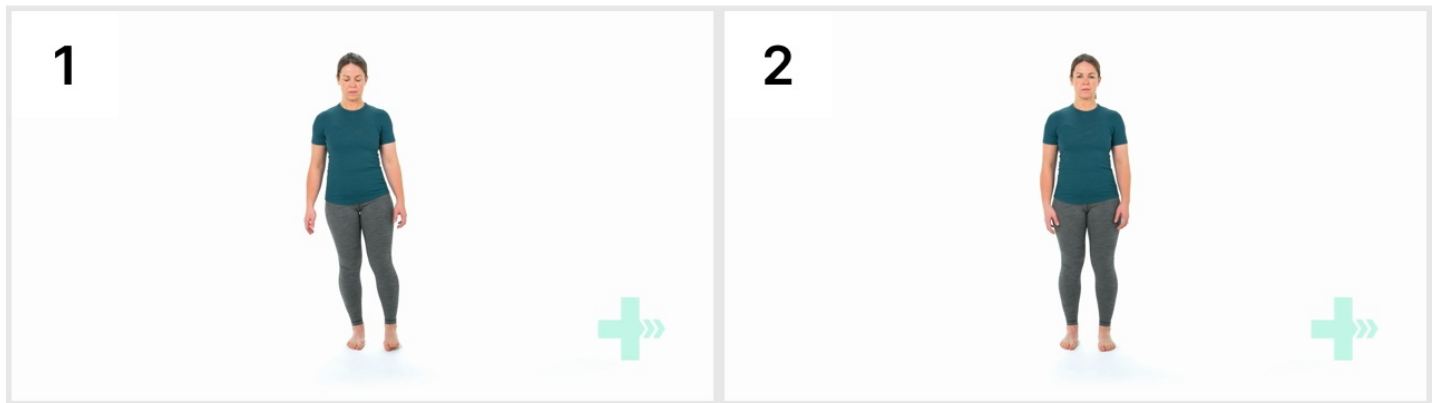
1 Set / 3 Reps / 20 s hold



Balance on your symptomatic leg for as long as you can.  
You may want to be close to a solid object to hold on to if needed.  
Do not rest your bent leg on the stance leg.

## 6. Balance, tandem stance

1 Set / 3 Reps / 20 s hold



Stand with your arms relaxed by your sides.

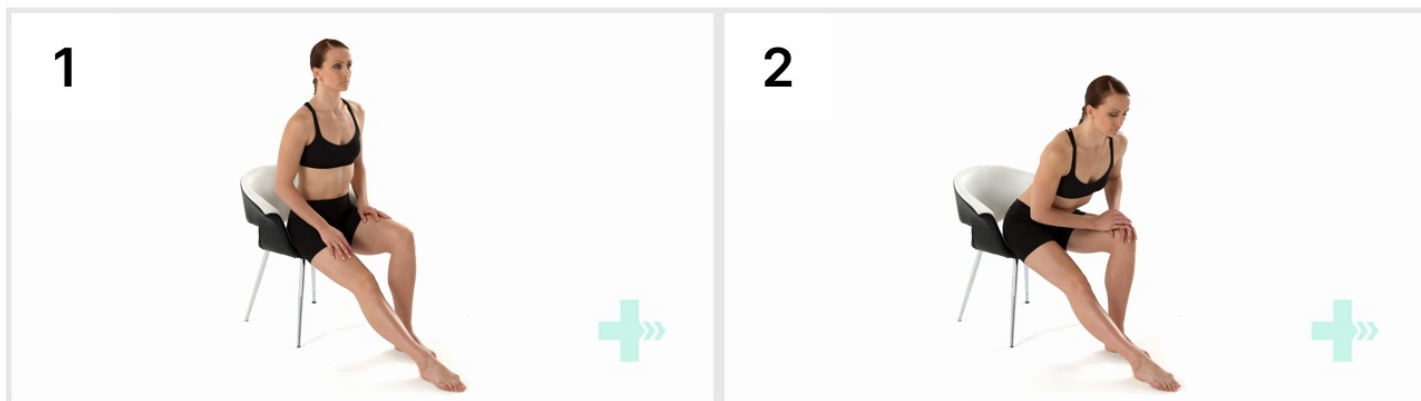
Place one foot in front of the other so that the toes of your back foot touch the heel of your front foot.

Spread your weight evenly across both feet.

Balance in this position.

## 7. Hamstring stretch, sitting; 01

3 Sets / 3 Reps / 15 s hold



Sit in a chair.

Place your affected leg out in front of you.

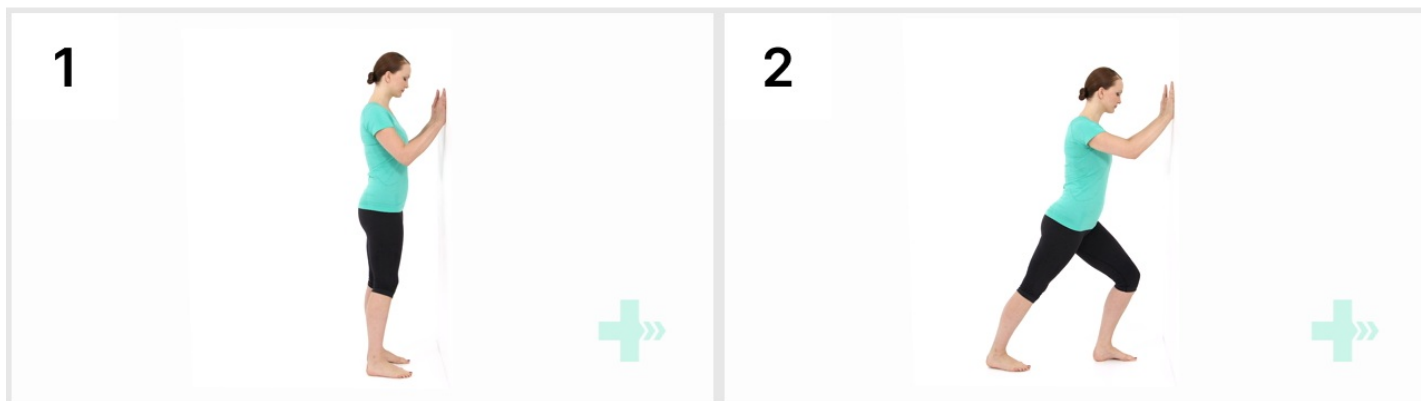
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

## 8. Gastrocnemius stretch, hands on wall, standing; 03

1 Set / 5 Reps / 20 s hold



In a standing position, step your affected leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.



## 9. Cardiovascular workout, stationary bike, stationary bicycle, cycle ergometer

1 Set / 1 Rep / 15 min duration



Please consult your practitioner for how long you can use the bike and at what interval.