

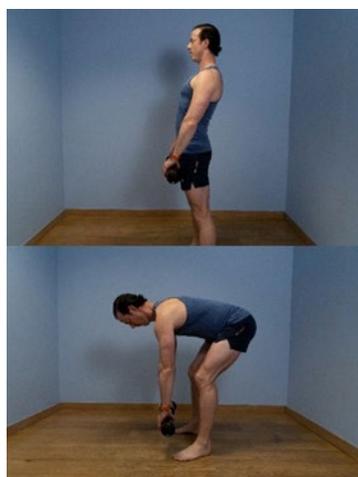
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Plank with rotation

- Lie on your front. Keeping your knees on the floor lift up onto your elbows.
- From this starting position rotate your body to the side to end up in a side plank (both shoulders pointing towards the floor).
- Hold for a second and then return to the front on position and repeat to the other side.



30 reps / 3 sets / 1 minute rest

2. Deadlift

- Stand upright with feet hip-width apart, a slight knee bend and a weight held in both hands.
- Engage the abdominal region and in a controlled manner, bend forward at the hips trying to keep your back straight. Do not let your knees bend further. Let your hips press out backwards.
- Go down as far as you feel comfortable or until your back starts to round.
- Come back up to standing and repeat.



15 reps / 3 sets / 1 minute rest



3. Single leg squat with toe touch

- Stand in front of a solid surface that is around hip height, for example kitchen counter.
- Place your hands on the hip high surface and step backwards until you feel moderate force going equally through your shoulders.
- Bend your elbows to take your head and shoulders closer to your hands.
- Push against the surface to return to starting position.

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.