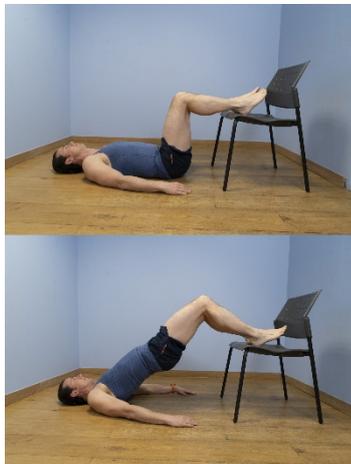


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Hip bridge with feet elevated

- On a comfortable surface, lay flat on your back with your knees bent and heels placed on a raised platform such as a box or a chair – have the feet and knees hip-width apart.
- Raise your hips up towards the ceiling by pushing digging in your heels and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.



15 reps / 2-3 sets / 1 minute rest



2. Supported double leg squat

- Start with the feet shoulder width apart and hold onto a stable object (e.g., Bannister or kitchen sink) at about waist height.
- From this position bend your knees and sit backwards as if you are sitting into a chair.
- As you do so lean slightly forwards at the hips so that your head stays over your feet.
- Make sure that your weight is going through your heels at all times.
- Go as low as you feel comfortable but no lower than your thighs parallel with the floor.



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

3. Single leg balance

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – maintain a slight bend in the standing knee.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- Aim to hold your balance for up to 1 minute or until reaches 4/10 on your pain scale.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.



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.