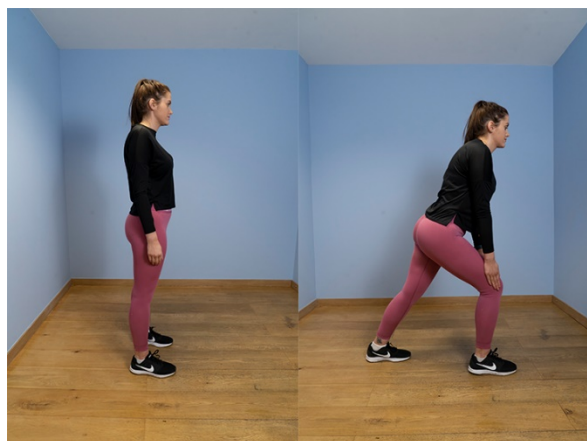


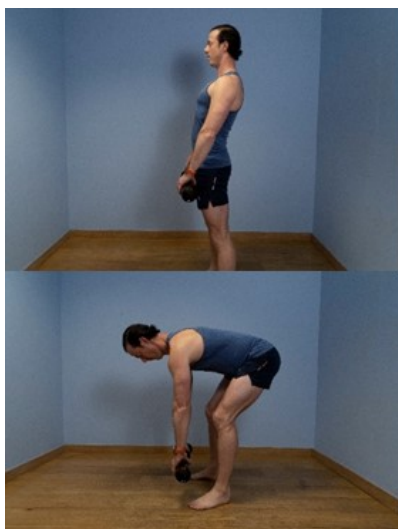
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

### 1. Step and reach

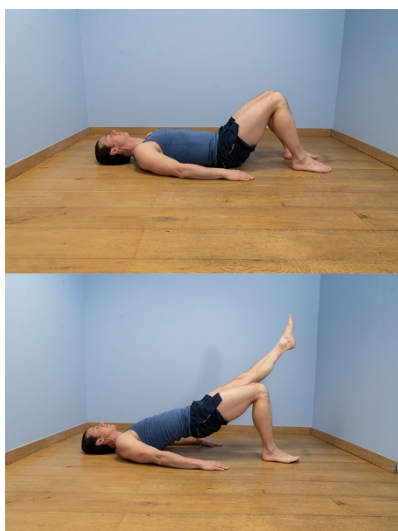
- Start in a standing position with your arms by your side.
- Step forwards a few feet in front of you and reach down to touch your knee with both hands.
- To do this you will need to lean slightly forwards at the hips.
- If the exercise feels easy then you can slowly increase the distance of the step or reach lower down the shin of the front leg.



30 reps / 2-3 sets / 3 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 / 1-2 sets / 1 minute rest

### 3. Bridge with leg straighten

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- From this position lift one leg and straighten the knee fully then return to the start position.
- Repeat on the opposite side.
- Try and keep the pelvis still throughout the movement.

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.