

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.



10 reps / 2-3 sets / 1 minute rest

### 1. Isometric Pillow Press

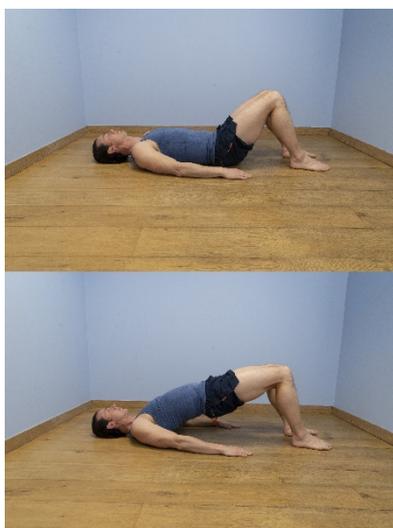
- Sit in a firm, stable chair and place a pillow on the floor under the foot of the targeted leg.
- Push the foot down in to the pillow using the thigh and buttock muscles.
- Hold the squeeze at around 70% of your maximum effort, pain should remain at or below 3/10 on your pain scale.



10 reps / 2-3 sets / 1 minute rest

### 2. Supported 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.



15 reps / 2-3 sets / 1 minute rest

### 3. Bridge in lying

- 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.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.

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.