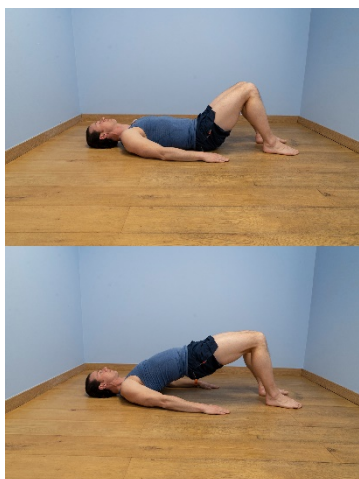


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 3/10 whilst completing this exercise plan.



1. Bridge in laying

2-3 sets / up to 1 minute / 1 minute rest

- 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.



2. Quads stretch- standing

2-3 sets / 30 second hold / 1- minute rest

- Perform this exercise on a non-slip surface in suitable footwear.
- Place the affected leg forward and the other back to form a comfortable stride with the feet hip-width apart – you can gently hold on to a firm surface/object for balance and support.
- Keep the chest up and core engaged whilst simultaneously bending both knees so that the hips lower directly downwards – focus on having more weight through the front leg.
- Bend the front knee to a position that you can hold for the recommended time period.



3. Straight leg raise

2-3 sets / 15 reps / 1 minute break

- Lay flat on your back or sit supported upright with the targeted leg out straight and the resting leg bent.
- Squeeze the muscles at the front of your thigh to push the knee straight.
- Maintain a straight knee whilst raising the whole leg up towards the ceiling.
- Hold at the top for 5 seconds and then slowly lower the leg back down and gently release the pressure.

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.