

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.

2-3 sets / 15 reps / 1 minute rest



1. Eccentric bodyweight squat

- Stand with your feet hip width apart and your arms across your chest.
- Sit back slowly and with control as if you are sitting into a chair
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.



2-3 sets / 15 reps / 1 minute rest



2. Balance and reach

- Start by standing with all the weight on one leg.
- Rest the other foot next to the standing foot for balance.
- Now with the non-standing leg reach out sideways (hovering just above the floor) as far as possible whilst at the same time bending the standing leg.
- Then return to the start position maintaining your balance.
- Repeat in a sideways and backwards direction and continue to do this in a cycle of the three movements only touching down if you start to lose your balance.



2 sets / 30 second hold / 1 minute rest



3. Quad stretch standing

- Standing tall grab hold of your right leg around the top of the foot with your right hand.
- Pull the heel up towards your bum keeping tall.
- If you are not feeling a stretch at the front of the thigh then focus on trying to push your hip on that side forwards and pull your knee slightly backwards.
- Repeat on the other side.

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.