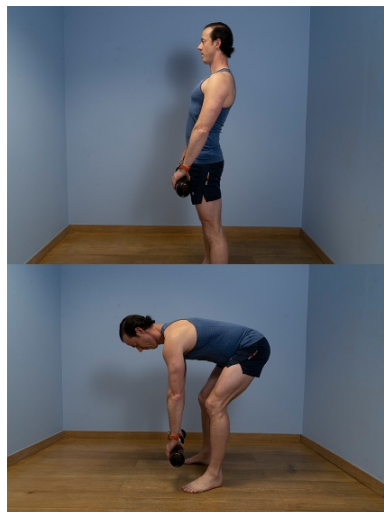


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 4/10 whilst completing this exercise programme.



30 reps / 3 sets / 3 minute rest

1. Deadlifts

- 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 / 2-3 sets / 1 minute rest

2. Single leg squat with toe touch



- Start by standing with all the weight on one leg.
- Now place the other leg on the floor on the ball of the foot next to or slightly behind the standing leg.
- Begin with 60% of the weight on the standing leg and 40% on the supporting leg.
- Bend the knee and the same time bend the hip as if you were sitting back into a chair.
- Go down until the standing knee is approximately at a right angle.
- Slowly return to an upright position and repeat.
- As the exercise gets easier reduce the support on the non-standing leg.



15 reps / 2-3 sets / 1 minute rest

3. Plank with leg lift



- Lie on your front.
- Keeping your knees on the floor lift up onto your elbows.
- From this starting position lift one leg 2-3 inches off the floor. Place back down and then repeat on the other leg.
- Try to keep the hips/pelvis still at all times.
- If this is too difficult you can perform the same exercise with the knees on the floor.

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.