

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.



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.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Balance and reach

- 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.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



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.
- **Hold the position for 30 seconds.**
- **Repeat routine twice, rest for 1 minute.**

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.