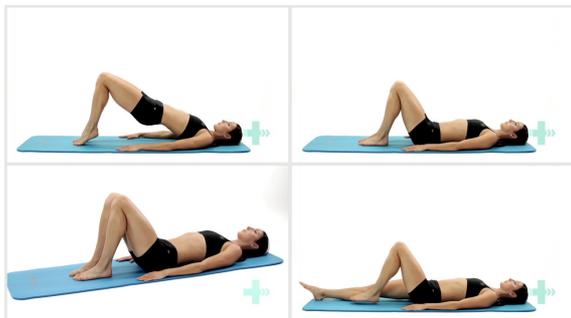


3 Sets / 10 Reps



**1. "Bridge" Core/hip stabilization lifting heels (bilateral); 01**

Lie down on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into a bridge position. Holding your hips up high, raise up on the toes. Keep your shoulders on the mat, hold, and lower your feet and hips back down. Repeat the exercise, ensuring you keep your hips level at all times.

3 Sets / 10 Reps



**2. "Short arc (terminal) knee extension" Quadriceps strengthening, in long sitting; 01**

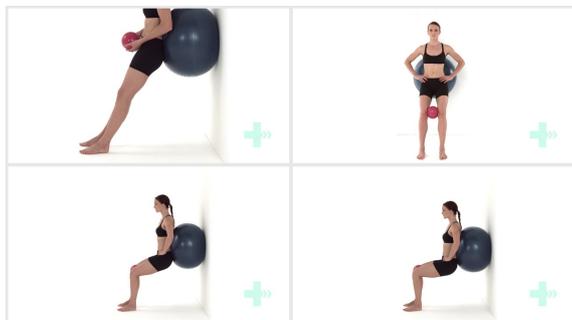
Lie on your back with a foam roller or rolled towel under your knees and let your legs hang over in a comfortable position. Straighten your affected knee by tensing the thigh muscles, so that your heel comes off the table and the knee straightens. Hold this position, then control the movement back down to the start position and repeat.

3 Sets / 10 Reps



**3. Knee terminal extension strengthening with band around post, in standing; 01**

Stand with your feet flat on the floor at hip width apart. Tie a resistance band into a loop around a secure object. Place your affected leg in the loop, with the band behind your knee. Step back so you have some tension in the band. Keeping your body straight, bend both knees a little. As you straighten your knee back up you will pull against the resistance of the band, working the thigh muscle. Relax and then repeat.



#### 4. "Squat, stability ball on wall" Lower body strengthening - adduct against small ball; 01

Hold a stability ball against a wall, placed in the small of your back.

Lean firmly back against the ball.

Walk your feet forwards, keeping your toes pointing ahead and your legs hips width apart.

Place a small ball between your knees and hold it there by applying some gentle pressure inwards with your thighs.

Squat down, dropping your hips towards the floor and bending your knees until they reach 90 degrees.

Stand back up straight, driving the movement with your buttock muscles, and keeping the pressure on the ball between your knees.

Make sure your body remains straight and knees travel directly forwards over your toes throughout this exercise.

3 Sets / 5 Reps / 20 s hold



#### 5. "Balance, single leg" Turning head right/left; 01

Stand on your affected leg.

Turn your head to one side then the other, trying to balance on one leg for as long as you can.

3 Sets / 5 Reps / 20 s hold



#### 6. "Balance, tandem stance" Turning head; 01

Stand with one foot in front of the other.

The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Turn your head one way then the other.

Hold this standing position for as long as you can whilst continuing to turn your head.