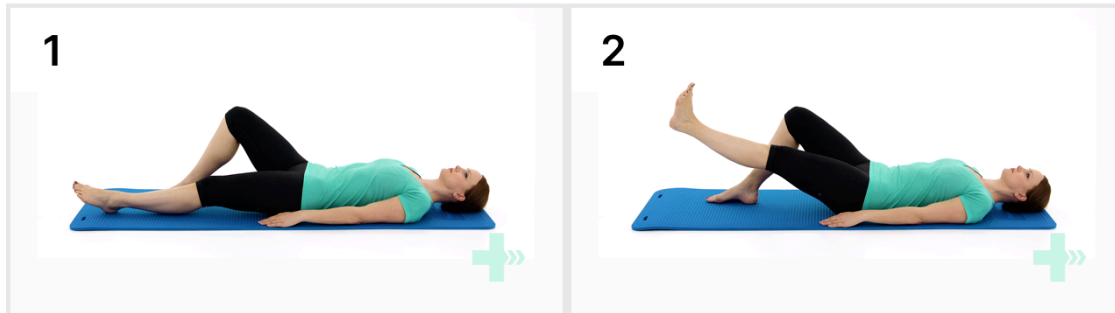




1. "Straight leg raise" Core/quadriceps strengthening, opposite foot standing

Sets: 2 • Reps: 15 • Hold: 1s



Lie on your back with your legs bent and feet flat on the floor.

Straighten your affected leg out so that it is flat.

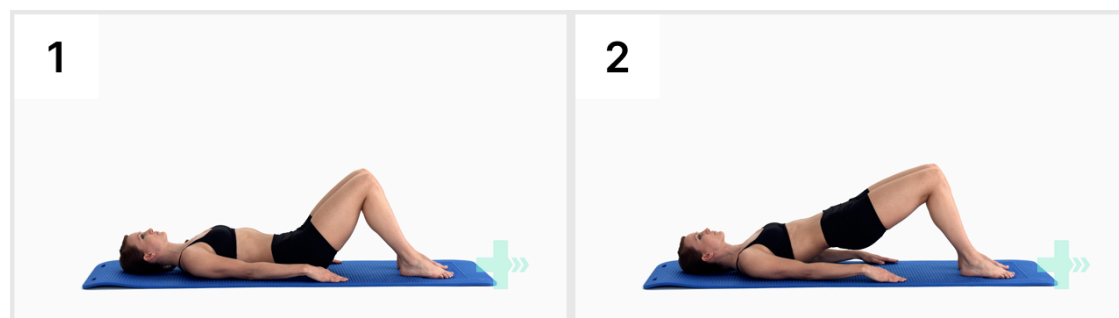
Tighten your abdominal and thigh muscles, and lift this leg directly up, keeping the knee completely straight.

Ensure your stationary leg stays still with the knee pointing to the ceiling.

Control the movement as you lower the leg back down onto the floor.

2. "Bridge" Core/gluteals strengthening; 04

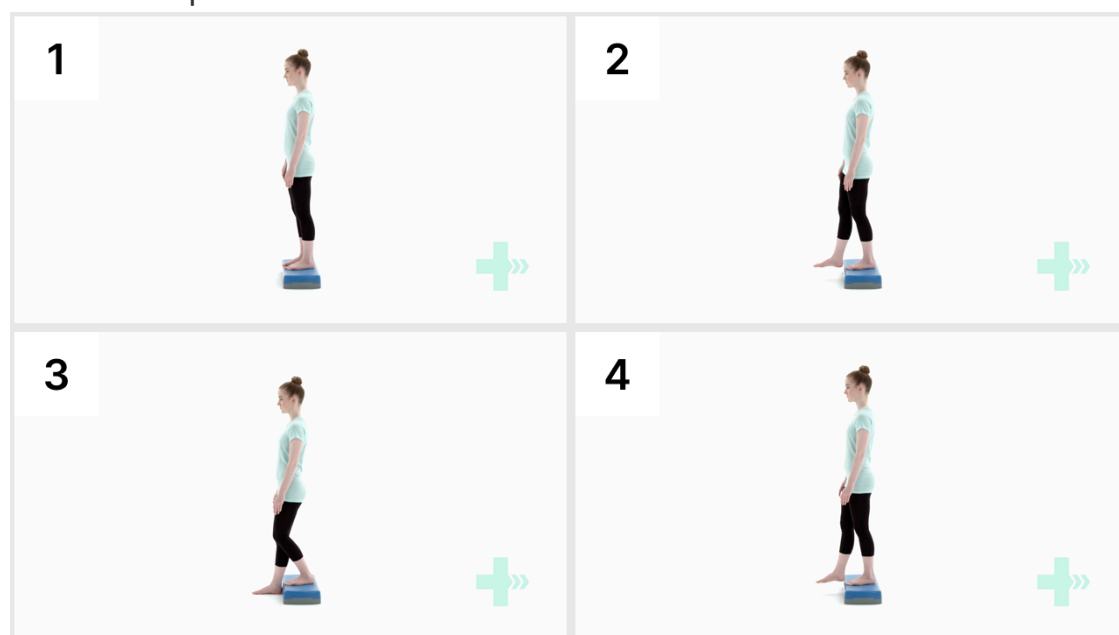
Sets: 1 • Reps: 1 • Hold: 1s



Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.

3. "Step downs" Hip/knee extension strengthening, focus eccentric

Sets: 3 • Reps: 12



Stand upright on a step, facing down.

Slowly step your unaffected leg down off the step.

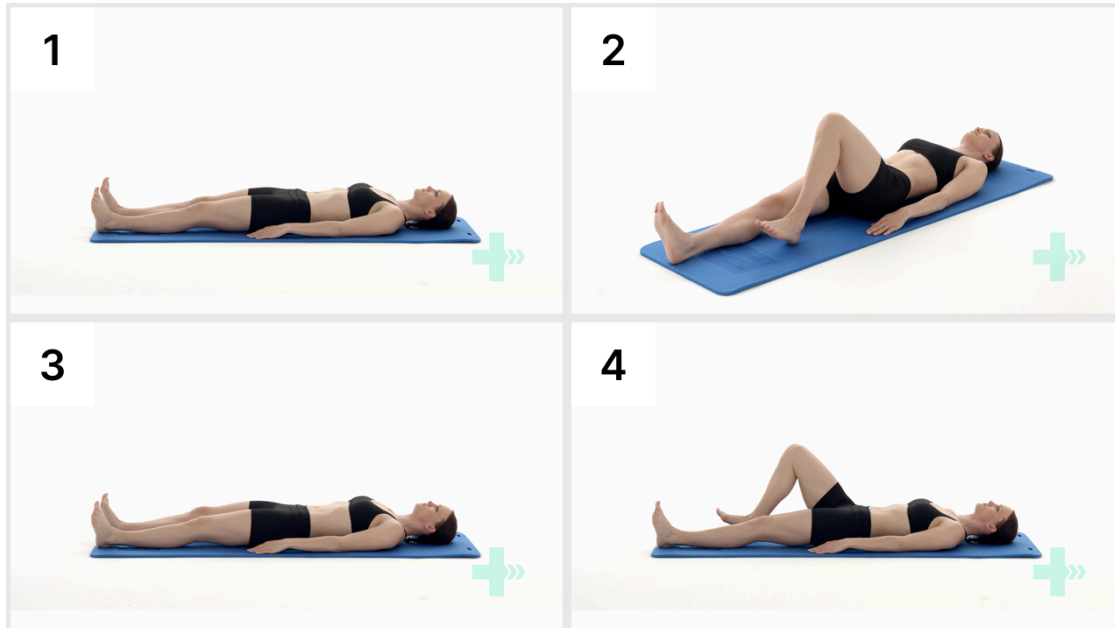
You should complete the movement slowly, so that your affected leg is controlling the movement.

Ensure your knee on the affected leg is going straight over your toes.

Push yourself back up onto the step and repeat the movement.

4. Core/pelvic floor stabilization, flexing/extending leg, heel slides, with breath, supine

Sets: 2 • Reps: 15 • Hold: 1s



Lie on your back with your legs straight out in front of you.
Ensure you point your knees and toes directly up to the ceiling.
Exhale and tighten your abdominal and pelvic floor muscles, stabilising your trunk and your pelvis.
Simultaneously slide one heel along the floor towards your buttock.
Hold this position as you inhale.
Exhale and slide the foot back down to the starting position.
Make sure your knee continues to point directly up to the ceiling throughout this entire movement.