

**Notes :**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physio. If it seems to be one in particular, stop that one and speak to your physio if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier ,by reducing those numbers

**1 1 leg balance, eyes closed**



Stand on a firm surface.  
 Stand on one foot.  
 Close your eyes and maintain your upright posture.  
 Open your eyes, switch feet, and repeat with eyes closed.  
 Progress by standing on a folded towel then on a pillow.

Sets: 3 Freq: x3 a Day Hold: 20s

**2 Single leg stance**



Stand with your feet close together and your hands at your waist.  
 Shift your weight to one side and lift the other leg to 90 degrees in front by activating your abdominals and your glutes, keeping your pelvis completely still during the weight transfer.  
 Return to the initial position and repeat with the other leg.  
 Avoid any hip drop of the elevated side, any side bending of the torso toward the stance side or any internal rotation of the supporting knee at all times.

Reps: 5 Freq: ONCE a DAY Duration: 2-5s

**3 Toe walk**



Stand.  
 Walk on your toes and lift your heels as high as you can.  
 Hold on to a solid object if needed.

Reps: 5 Freq: ONCE a DAY Hold: 10s

**4 Tandem walking**



Challenge balance by walking with a tandem gait, one foot directly in front of the other.  
 Turn 180 degrees and return back using the same gait.

Reps: 3 Freq: x 3 a day

**5 Single leg balance with head turns**



Stand on one leg next to a wall, a countertop, or a table for safety.  
 Try to turn your head from right to left-as if you were saying "no"-while standing without holding on.

Reps: 15 Freq: x3 a Day