

**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 and speak to your physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your physiotherapist 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 Glute bridge**



**Sets: 3 Reps: 20-30**

Lie on your back with your knees bent.

Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.

Slowly return to the initial position and repeat.

**2 Sit to stand**



**Sets: 3 Reps: 20-30**

Sit on a chair that have been placed against a wall to prevent slipping. Interlace your fingers and reach forward with your arms.

With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.

Slowly return to sitting.

**3 Single leg stance**



**Sets: 3 Reps: 20-30**

Stand and lift one leg.

Hold that position for the recommended time.

#### 4 Anterior step-ups



**Sets: 3 Reps: 20-30**

Step up on a step placed in front of you with the involved (weak) leg while squeezing the same-side glutes to keep the pelvis level and stabilized. Step down. Keep the knee over the foot and the kneecap behind the toes.