

**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 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.

**2 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.

**3 Star balance tap**



Stand on one leg in the center of a star pattern (you can make a star pattern with tape, or simply imagine a star on the floor).

Reach with your free foot in all the directions of the star as far as you can, while maintaining your balance.

Come back to the center after every reach.

#### 4 Forward lunge



Stand with both feet hip width apart.

Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Move straight down, creating a 90 degree angle at both knees and at the hip.

Push through the heel and return to the standing position.

Repeat with the other leg if indicated.