

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 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 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 the numbers

1 Single leg glute bridge



Sets: 3 Reps: 12

Start in crook lying.

Lift on leg off the floor and go up into a shoulder bridge, peeling one vertebrae at a time.

Keeping the leg out straight and the thigh in line with the other thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time.

2 Single leg sit-backs



Begin by standing upright on one leg in front of a chair or stool.

Push your hips backward-as if you're going to sit down and bend your knee into a single leg squat position-to lightly touch the chair with your bottom.

Slowly return to the starting position.

Keep your knee aligned with your second toe.

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.

5 Lateral step up



Stand to the side of your bench. Place the closest foot on top of the bench. Step up onto bench and bring opposite foot to "touch" - do not transfer your weight. Step back down in a slow, controlled motion. Repeat for the required sets and reps. Then repeat bilaterally. Do not let the knee go past the toes.