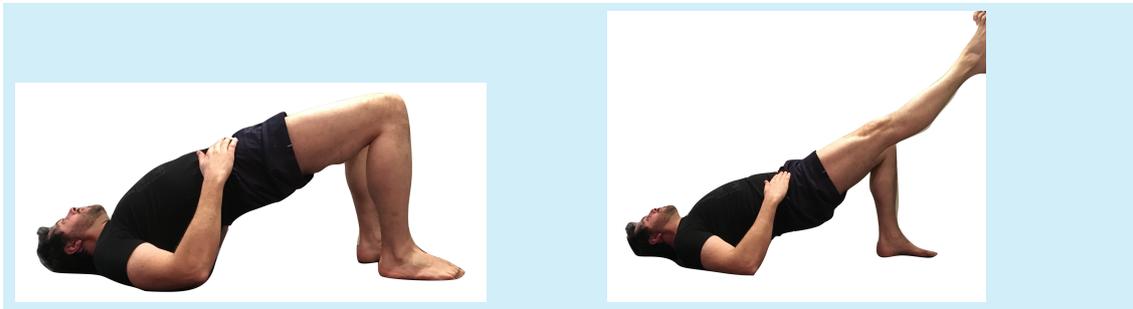


Repeat each exercise 10 times, twice a day. If this is too easy, increase the repetitions.

Bridging

Lie on your back with your knees bent and your feet flat on the floor. Rest your arms by your sides or on your abdominal muscles. Push through your heels to lift your bottom.

Progression: This exercise can be progressed by lifting one foot off the floor to straighten the knee - ONLY if good technique is achieved with the basic exercise.



Squats

Start with your feet hip width apart. Your toes should be facing forwards and be in front of the knee. Move as if you are going to sit down (move a few inches only). Return to the start position.

Progression: You can add weight or increase the depth of the squat to progress this exercise.



Single leg squats

Stand on one leg. Keeping your knee behind the line of your toes, move as if you are going to sit down (move a few inches only). Return to the start position.



Lunges

Take a stance position. With both knees bent, take your midline down a few inches towards the floor. Ensure good alignment is maintained. Return to the start position.



Multiplanar hops

Starting by standing on one leg, hop forwards by landing on the other leg. Try to maintain a straight line for the hips/knees and ankles and land as softly as you can. Repeat by moving in both side directions alternating legs.



Single limb deadlift

Stand on one leg. Keep a 30° angle at the knee of the weight bearing leg whilst you bend down and touch your opposite hand to the middle of your toes.



Step ups/downs

Technique is extremely important - perform in front of a mirror if possible.

Practise stepping up and down from a box/stair.

