



1 Set / 1 Rep / 1 s hold

**1. "Heel slides" Hip/knee flexion/extension AAROM, with strap**

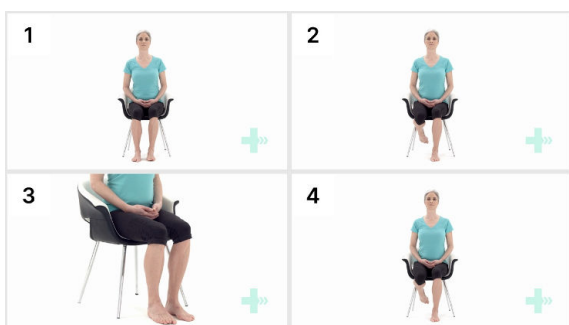
Start in a seated position with your legs straight out in front of you.  
Place a belt around the end of your affected foot.  
Slide your heel in towards your buttocks as far as you can, keeping your knee pointing directly upwards.  
Use the belt to assist with the movement.  
Hold as directed and then slowly return to the start position and repeat.



1 Set / 1 Rep / 1 s hold

**2. Knee flexion AROM (alternate), sitting**

Sit in a neutral posture, your shoulders back and down.  
Pull your heel back towards the chair as far as you can go.  
Relax to the neutral position and switch sides.  
Pull your heel back and relax.



1 Set / 1 Rep / 1 s hold

**3. Knee flexion AROM, shifting weight, foot on step**

Place your affected leg on a step.  
Move steadily into a lunge from this position, pushing your weight through your affected knee to increase the bend.  
Hold this position then relax and repeat.



1 Set / 5 Reps / 10 s hold

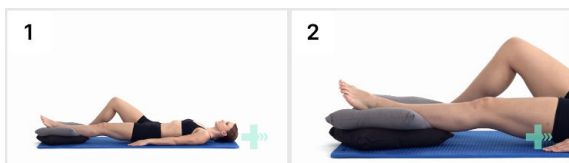
**4. Piriformis/gluteals stretch, cross body, supine; 02**

Lie on your back with your legs straight.  
Bring your affected leg up and in towards your chest.  
Place your opposite hand over the outside of your ankle, and your other hand on the outside of your knee.  
Gently pull your knee in towards your opposite shoulder until you feel a stretch in your buttock muscle.  
Hold this position.  
Ensure you are not causing pain in your knee.



**5. Knee terminal extension stretch, foot on pillow, supine, CKC**

Lie on your back with the foot of your affected leg resting on some pillows. Make sure there is a gap between your leg and the bed as you rest here, trying to straighten the knee as much as you can.



**6. Gastrocnemius stretch, with strap, sitting leg straight; 02**

Sit on the floor with your legs out straight in front of you. Place a towel around the foot of the leg to be stretched. Hold the ends of the towel in each hand. Pull the towel towards you, stretching the back of your calf. Your knee should remain straight as you hold this position.



**7. Gastrocnemius stretch, hands on wall, standing; 03**

In a standing position, step your affected leg back behind you. Keep the heel on the floor and the toes pointing forwards. Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and your back knee does not bend.



**8. Hip external/internal rotation AROM, leg bent in prone; 01**

Lie on your stomach and bend your knee to 90 degrees. Turn your lower leg inwards and then outwards, rotating through the hip. Try not to let your pelvis move.



**9. Iliopsoas stretch - how to, half kneeling**

Start in a kneeling position.  
 Place one foot on the floor out in front of you whilst staying on the knee of the other leg.  
 Tuck your bottom in.  
 Keep your back upright and chest out, push your hips forward by bending your front knee.  
 Make sure that you keep your hips in position and do not let your lower back arch.



1 Set / 5 Reps / 10 s hold

**10. Hamstring stretch, leaning forward, opposite leg bent, sitting**

Sit on a mat with your legs extended out in front of you.  
 Bend the good leg so that your foot touches the inside of your other knee.  
 Relax the knee out and bend forward, reaching towards the foot and dropping your chest towards your knee.  
 Keep your foot relaxed during the stretch.  
 You will feel this stretch through the back of the thigh of the extended leg.



1 Set / 1 Rep / 1 s hold

**11. Quadriceps stretch, foot behind on chair, standing near wall**

Stand up straight holding onto a wall.  
 Position a chair behind you.  
 Place your affected foot onto the chair.  
 Ensure your knees are next to each other and your hips are pushed forward.  
 Feel the stretch down the front of your thigh.  
 To increase this stretch, bend your stance knee, maintaining a straight line from your head to the knee of your affected leg.



1 Set / 1 Rep / 1 s hold

**12. "Quad sets" Knee terminal extension strengthening, ankle flexed, towel under knee, supine**

Lie on your back with your resting leg bent.  
 Place a rolled towel under the knee of your affected leg.  
 Pull your toes on your exercising leg towards you.  
 Clench your thigh muscles, pushing the back of your knee into the towel.  
 You should feel your thigh muscles tighten.  
 Hold this position, relax and then repeat.



**13. "Straight leg raise" Quadriceps strengthening, with weight, sitting**

Sit up straight with your legs straight out in front of you.  
 Have an ankle weight attached to your leg to be exercised.  
 Tighten your thigh muscles, pressing the back of your knee downwards.  
 Next, lift your leg up, ensuring you keep your knee completely straight.  
 Hold this position.  
 Control the movement as you lower the leg back down.  
 Repeat.



1 Set / 1 Rep / 2lbs weight

**14. Knee extension strengthening, with weight, sitting**

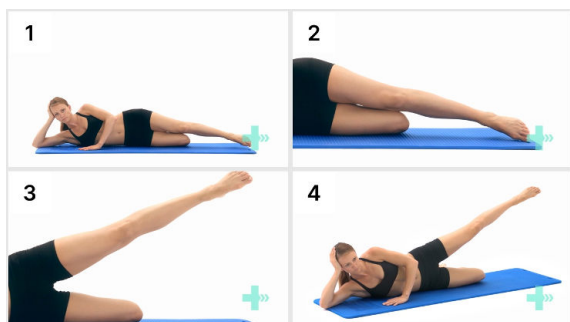
Sit up straight in a chair with a weight around the ankle of your affected leg.  
 Keeping your posture upright, straighten your leg with the weight around the ankle.  
 You should not lift your thigh off the chair.  
 Hold this position.  
 Control the movement as you slowly lower the foot back to the floor and repeat.



1 Set / 5 Reps / 3 s hold

**15. Hip abduction strengthening, side lying; 01**

Lie on your side with your affected leg on top.  
 Bend your bottom leg for stability but keep your top leg straight and in line with your body.  
 Lift the top leg up, making sure you do not roll your body forwards or backwards.  
 Control the movement as you lower it back down to the starting position and repeat.

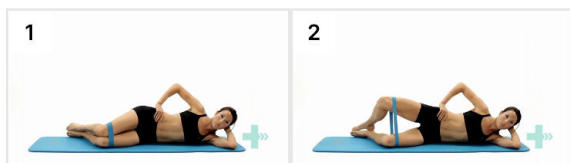


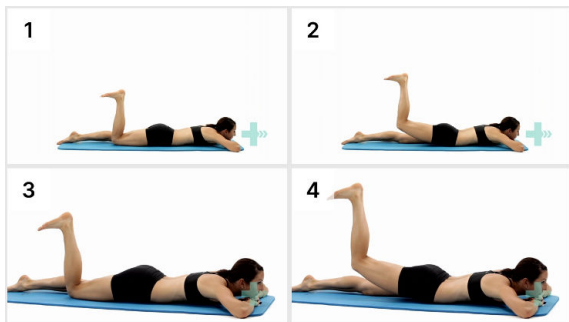
2 Sets / 10 Reps

**16. "Clamshell" Hip external rotation strengthening, with band; 02**

Lie on your side and place a band above your knees, approximately an inch or two above the knee joint.  
 Bend your legs a little, keeping the feet in line with your back.  
 Use your core stability muscles to keep the body stable.  
 Keeping your feet together, lift the top knee up against the resistance of the band.  
 Ensure you stay on your side and do not roll your hips and your body back with the movement.  
 Lower the knee back down, controlling the resistance.

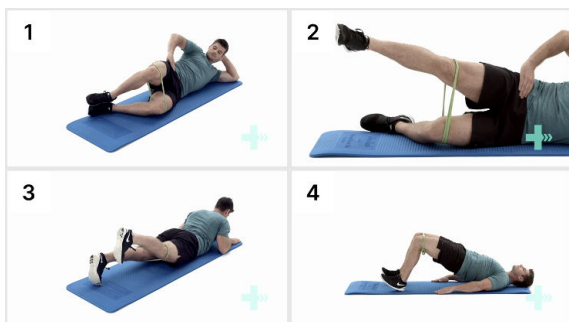
10 fast  
 10 slow





**17. Hip extension, leg bent in prone; 01**

Lie on your tummy with your hands folded under your chin.  
 Bend the knee of your affected leg to a 90 degree angle, with your toes pulled up.  
 Push the heel towards the ceiling, squeezing your buttock muscles at all times.  
 Keep your hips flat on the floor.  
 Lower your leg back to the starting position and repeat.

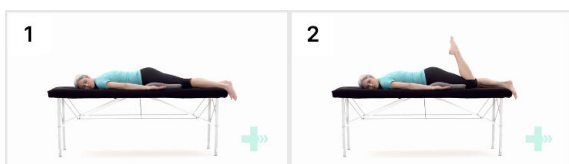


**18. Hip series - 1) Clamshell 2) Abduction 3) Extension 4) Clamshell 5) Bridge; 01**

Start in a side-lying position with a resistance band placed just above your knees.  
 Perform the following exercises:

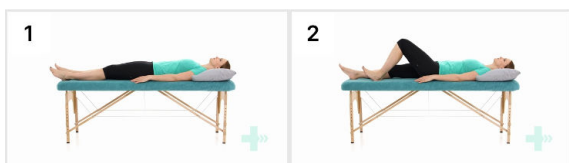
- 1: Stack your legs on top of each other and bend the knees at 90 degrees. Now try to open up your legs by moving your top knee away from the bottom knee. Return to the starting position and repeat the exercise.
- 2: Keep lying on your side and extend your top leg, lift your leg sideways and move against the resistance. Try to move back slowly and controlled.
- 3: Lie on your front and try to extend your leg backward, while keeping your pelvis on the floor. Alternate your legs.
- 4: Turn on your other side and try to repeat the first two exercises on this side.
- 5: Move onto your back and bend your knees. Now try to lift your pelvis off the floor in a 'bridge' position, until your knees, hips and shoulders are in line.

*when on your tummy dont prop up on elbows. Lay flat.*



**19. "Hamstring curl" Knee flexion strengthening, pillow under thigh, prone**

Lie on your stomach with your legs stretched out and a pillow underneath your thighs.  
 Bend one knee by bringing your foot up towards your buttocks.  
 Hold this position for the required duration, and then return to the starting position.



**20. "Hamstring set" Knee flexion strengthening, supine, head supported**

Lie on your back.  
 Bend your affected knee to an angle as instructed by your clinician.  
 Pull your toes towards you.  
 Gently push your heel into the bed  
 Hold this position as instructed.

**21. "Bridge" Core/gluteals strengthening; 06**

Lie on the bed.  
 Bring your legs upwards by bending your knees.  
 Keep your feet on the bed.  
 Now raise your hips upwards by moving your pelvis forwards.



1 Set / 10 Reps / 3 s hold

**22. "Bridge" Core/hip stabilization, straightening leg (alternate); 01**

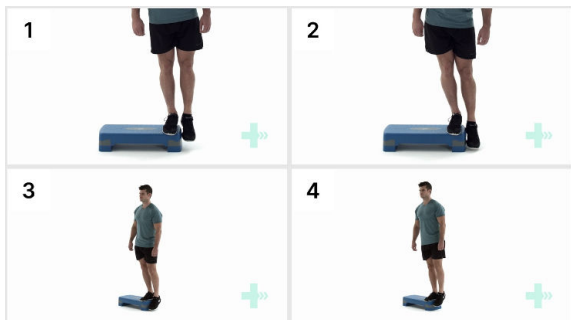
Lie on your back with your knees bent and your feet flat on the floor.  
 Tighten your buttock muscles and lift your hips up into the bridge position.  
 Lift one foot off the floor then straighten your knee until it is aligned with your other thigh.  
 Hold this position.  
 Lower the leg back on the floor and repeat with the other leg.  
 Make sure you keep your hips up and level throughout the movement.  
*you can spread feet farther apart . start with 5 each side. work up to 10*



1 Set / 1 Rep

**23. "Hip hike" Hip abduction gluteus medius strengthening, on bench, standing**

Stand with your affected leg on a stair or step.  
 Let your other foot drop slowly to the floor sideways, but do not flex your knee or hip in the movement.  
 Move in a slow and controlled pace during this exercise.  
 Move your leg back into the starting position and repeat.

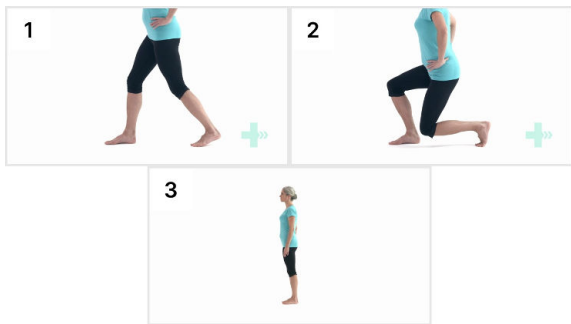


1 Set / 1 Rep / 1 s hold

**24. "Squat, on wall" Lower body strengthening- to comfort**

Stand up straight leaning your back on a wall.  
 Step your feet forwards, away from the wall.  
 Your feet should be shoulder width apart.  
 Keep your back against the wall whilst you bend your knees and slide down the wall.  
 Your knees should travel over your second and third toes.  
 Only go as far as you feel able to before holding this position.  
 Slowly straighten your knees back up to standing.





**25. Lunge, forward (alternate); 02**

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking.  
 Stand straight with your arms to the side or on your hips, have a chair close by for support if required.  
 Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees  
 Push back up to the starting position and repeat on the other leg.  
 Keep your body upright and straight throughout the movement.



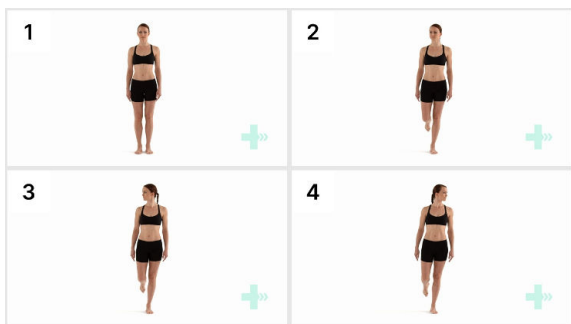
**26. "Glute crab walk" Hip abduction/external rotation strengthening with band; 02**

Stand with your feet hip-width apart.  
 Place a resistance band loop around your legs just above your knees.  
 There should be tension in the band.  
 Turn your feet outwards.  
 Step sideways, keeping your foot turned out.  
 As you step, squat down, dropping your hips down between both feet.  
 Take a step with your other leg bringing it next to the leading leg while keeping the tension in the band.  
 Straighten back up as you take this step.  
 Repeat the sequence.



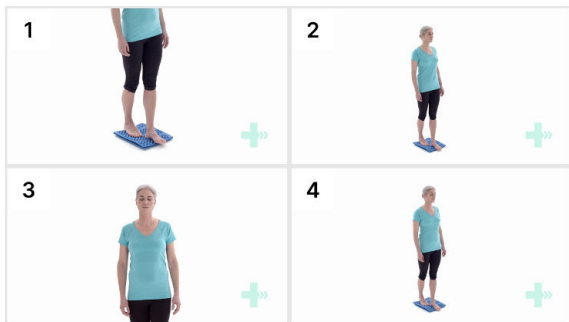
**27. Balance, single-leg, eyes open, near support**

Balance on your symptomatic leg for as long as you can.  
 Keep your gaze horizontal.  
 You may want to be close to a solid object to hold on to if needed.  
 Do not rest your raised leg on the stance leg.



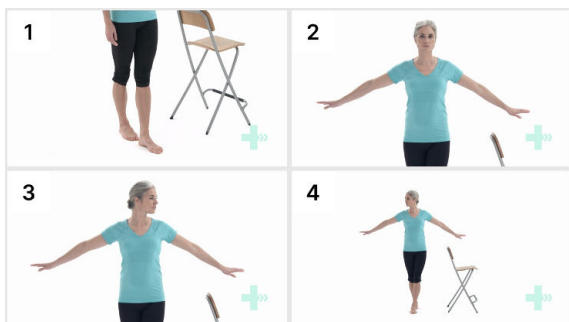
**28. Balance, single-leg, turning head**

Stand on your affected leg.  
 Turn your head to one side then the other, trying to balance on one leg for as long as you can.



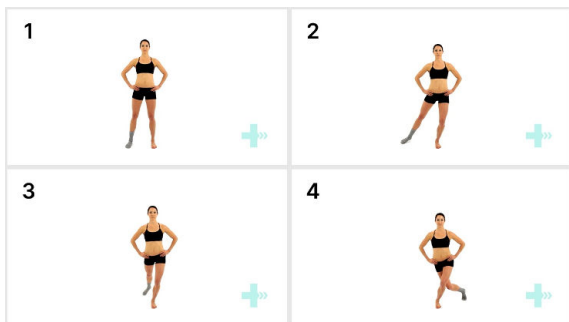
**29. Balance, tandem stance, eyes closed, on balance mat**

Stand up straight close to a sturdy object to hold onto for balance.  
 Place one foot in front of the other on a balance mat.  
 The toes of your back foot should just touch the heel of your front foot.  
 Spread your weight evenly across both feet.  
 Holding this position, close your eyes, keeping your posture upright.



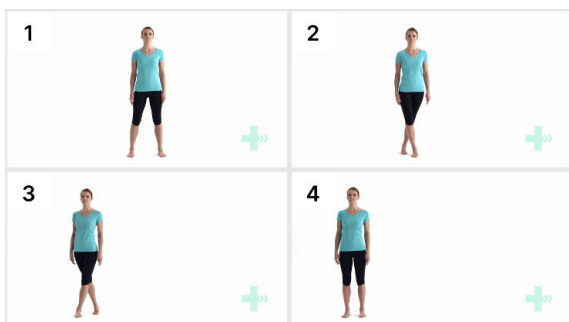
**30. Balance, tandem stance, turning head, arms out to side, beside chair**

Stand with one foot in front of the other.  
 The toes of your back foot should just touch the heel of your front foot.  
 Spread your weight evenly across both feet.  
 Turn your head one way then the other.  
 Hold this standing position for as long as you can whilst continuing to turn your head.



**31. Lunge, curtsy, sliding leg behind**

Place a sock on one foot and stand on a hard surface like tile or a wood floor.  
 Slide your foot out to the side, and then swing your foot back around you and bend your stationary leg as if you were to do a curtsy.  
 Make sure the knee of the stationary leg bends directly forwards over the toes.  
 Bring your foot out to the side straightening your stance leg, then repeat the movement.



**32. 'Footwork' "Grapevine" Slow stepping, crossover; 01**

Stand upright in the neutral position.  
 Move your left leg in behind your right leg so your feet are slightly closed over.  
 Transfer your weight onto your left leg, at the same time move your right leg one pace sideways to end up in the neutral standing position.  
 Perform for the required duration and then repeat in the opposite direction.  
*this will be a challenge. But try it very, very slowly*