

Notes: You should not experience any pain during or after completing the exercises. Please consult a healthcare professional if you do. Start by doing the "Start with" exercises and only move on to doing the "Progress to" exercises once you are strong enough.

1- Start with: Double Leg Bridge - Sets:3 / Repetition:10 / Rest:1minute



Starting position: Lie on your back with your hips and knees bent to 90 degrees and your feet on a chair.

Movement: Tighten up your stomach muscles and lift your bottom off the floor until your trunk and pelvis form a straight line. Squeeze your buttocks and stomach muscles and hold the position.

Check that: You do not put too much pressure on your neck and that you do not over-extend your back by trying to lift your hips too high. It may be an indication that you are forcing the movement too much if your back hurts afterwards. If you find that your hamstrings cramp - shift your bottom closer to your feet.

Move on to the single leg bridge once this becomes easy



2- Progress to: Single leg bridge - Sets:3 / Repetition:10 / Rest:1minute



Lie on your back and place one heel on the top of a chair and keep the other foot in the air. With the knee resting on the chair slightly bent, lift your bottom off the floor until your body forms a straight line. Tighten up your stomach muscles and your glutes. Then slowly lower yourself back down.

It may be a sign that you are over-extending your spine if your back hurts after doing the exercise. Shift your bottom closer to the chair if your hamstring cramps.



3- Start with: Free squat - Sets:3 / Repetition:10 / Rest:1minute



Starting position: Standing with feet pointing forwards and spaced hip distance apart.

Movement: Squat down by pushing your bottom out to the back (pretend you want to sit on a chair) and bending your knees. Hold the position for 3 seconds and return to standing upright.

Check that: Your feet stays in a good neutral position. Your knees should move in line with your second toe. Your bottom sticks far out to the back.



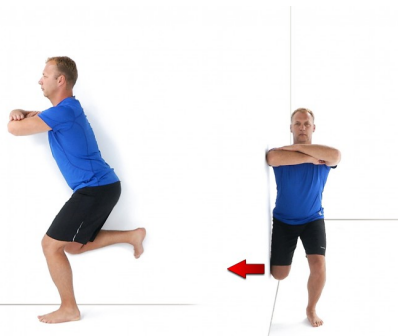
Dosage: Start with whatever your knee allows you to do but you should aim to get up to 3 sets of 12 repetitions over time. Rest 2 minutes between the sets.

Once you can easily achieve this progress by replacing it with the single leg squat with wall support.

4- Progress to: Single leg squat with wall support - Sets:3 / Repetition:10 / Rest:1minute



Stand hip distance away from a wall and balance on the outside leg.
 Bend the other knee up and press your knee and ankle against the wall (do not lean into the wall with your hip).
 Squat down by bending the supporting knee and stick your bottom out backwards.
 Hold the position for 10seconds before you stand up and rest.
 Make sure that your knee moves in line with your second toe.



5- Start with: Toe taps level 1 - Sets:3 / Repetition:10 / Rest:1minute



Lie on your back with your knees bent and your back flat into the floor.
Engage your core by recruiting your pelvic floor and stomach muscles.
Lift one leg up to 90 degrees at the hip keeping, the knee bent.
Keep your back and pelvis completely still at all times.
Then place the foot back on the floor - make sure that your pelvis does not lift off the floor as you lower your foot down to the floor.

Once you find this exercise easy, move on to the Single leg stretch exercise



6- Progress to: Single leg stretch - Sets:3 / Repetition:10 / Rest:1minute



Lie on your back with your knees bent and your lower back flat on the floor.
Engage your core by recruiting your pelvic floor and stomach muscles.
Slowly straighten one leg out while you make sure that **YOUR BACK STAYS ABSOLUTELY FLAT ON THE FLOOR.**
Slowly alternate legs.



7- Start with: Push-up on knees - Sets:3 / Repetition:10 / Rest:1minute



Lie on your stomach with your hands on the floor beside your shoulders.
 Raise your body off the floor by pushing up and extending your elbows while keeping your knees on the floor, your chin tucked in and your body straight like a plank.
 Lower yourself back down to the floor and repeat.
 If your back hurts during this exercise, it may be a sign that you need to tighten your stomach muscles - your back should be flat.



8- Progress to: Full Push-up - Sets:3 / Repetition:10 / Rest:1minute



Lie on your stomach with your hands beside your shoulders.
 Raise your body off the floor by straightening your elbows, keeping your chin tucked in and your body straight as a plank.
 Bend your elbows and lower yourself back down to the floor - stop just short of the floor.
 If your back hurts during this exercise, it may be a sign that you need to tighten your stomach muscles - your back should be flat.
 Repeat.

