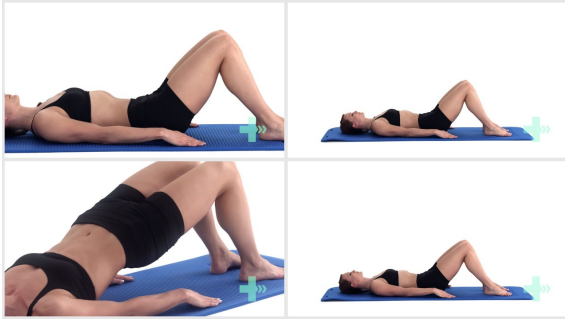


2 Sets / 10 Reps / 5 s hold



1. Bridge on the floor [09170]

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. Make sure you keep your hips up and level throughout the movement.

2 Sets / 10 Reps



2. SL calf raise on step

Stand on the step with your affected leg. Keeping your knee straight, rise up onto your toes and lower down on the step. If you are on a staircase, you can hold on to the railing to help you with your balance.

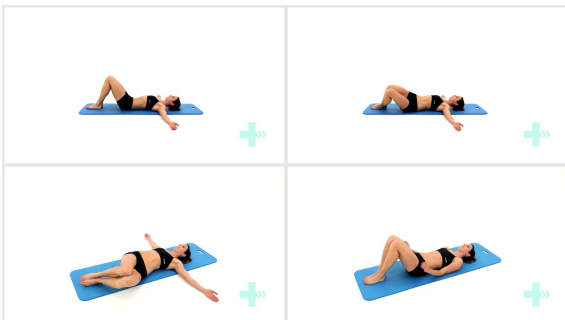
3 Sets / 10 Reps



3. Pelvic tilts

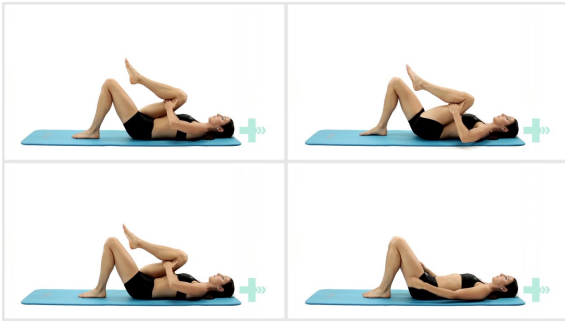
Lie on your back with your knees bent and feet flat on the floor. Pull your bellybutton towards your spine and clench your buttock muscles to roll the tail bone up off the floor. The majority of the effort should come from your abdominal and buttock muscles. Your lower back should press firmly into the floor. Relax and repeat.

3 Sets / 10 Reps / 5 s hold



4. Lower trunk rotation

Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times. Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side. Only drop your knees as far as you go comfortably. You may want to hold the stretch on each side.



5. PROM hip flexion supine

Bend your knees so that the feet are flat on the floor.

Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.



6. Prone press up extension

Start face down on a mat.

Bend the elbows and bring your hands under your shoulders.

Push your upper body up into an extended position.

Keep your hips and thighs on the floor at all times.

Squeeze the buttock muscles throughout the duration of this exercise.

Hold this position.