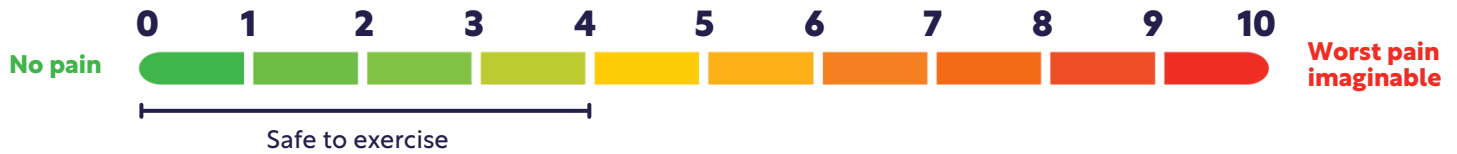


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Heel slide

- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel along the surface up towards you by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel as close to the hip as possible.
- After a 2 second hold, begin straightening the knee by sliding the heel away from you.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Double-leg heel raise

- Perform this exercise on a flat, non-slip surface ensuring you can something nearby to hold on to for balance/support.
- Stand upright with your feet hip-width apart.
- Squeeze your calf muscles by pushing down through the balls of your feet as if trying to make yourself as tall as possible.
- Hold at the top for a count of 3 seconds before slowly lowering the heels back down.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Sit to stand

- Sit in a stable chair that is at a convenient height for you to rise from.
- Shuffle forward in the chair so that your feet are directly under your knees.
- In a controlled manner, initiate a standing motion by shifting your weight forward and pushing down through your feet.
- As you rise, transition to standing upright by pushing your hips forward.
- Then, slowly lower yourself back down towards the chair by pushing your hips backwards and controlling the movement using your thigh muscles.
- Gently touch your buttocks on the chair before repeating
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**