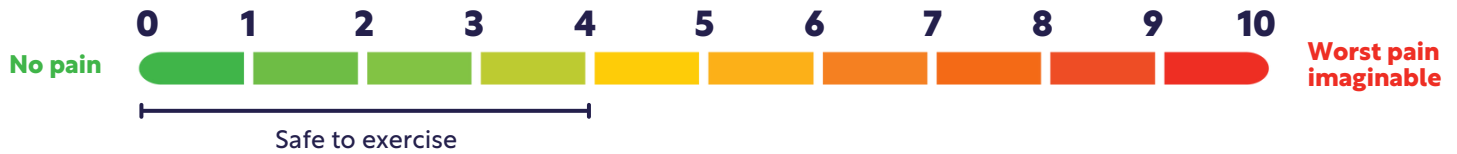


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



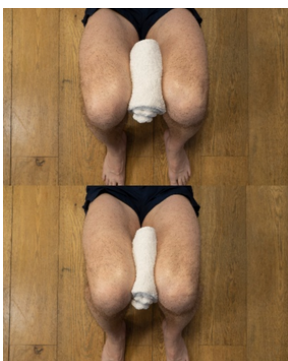
1. Heel Slide

- 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. Inner range quads

- Lay flat on your back or sit supported upright with the legs out straight.
- Position a pillow/rolled up towel under the knee to support it in a slightly bent position.
- Push the back of your knee down into the towel/pillow by tightening the muscles at the front of your thigh – your heel may come off the floor.
- Hold the squeeze with moderate pressure for 5 seconds before gently releasing the pressure.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Ball squeeze between knees

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Place a small ball/or soft object e.g., rolled up towel between your knees.
- Gently squeeze the knees together applying a light force.
- Hold position for 10 seconds.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**