

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. Bodyweight squat

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 20 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



### 2. Single leg hip bridge

- 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.
- Whilst keeping the knees in line with the foot and hip, kick the resting leg out straight so that it is off the floor.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders – aim to keep the pelvis level throughout.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Deadlift

- Stand upright with feet hip-width apart, a slight knee bend and a weight held in both hands.
- Engage the abdominal region and in a controlled manner, bend forward at the hips trying to keep your back straight. Do not let your knees bend further. Let your hips press out backwards.
- Go down as far as you feel comfortable or until your back starts to round.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**