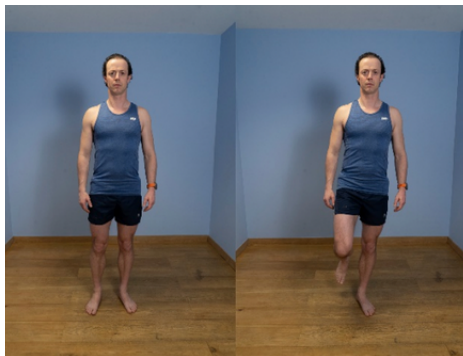


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



1. Brisk walk

- Start by taking short walks everyday just to get out in the fresh air and into nature if you can.
- Walk at a speed that raises your heart rate but leaves you able to have a conversation.
- Walking with a friend or partner is great.
- **Walk for as long as possible - between 5-30 minutes**



2. Single leg balance – knee straight

- Perform this exercise barefoot or in socks in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – keep the knee straight.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Isometric pillow press

- Sit in a firm, stable chair and place a pillow on the floor under the foot of the targeted leg.
- Push the foot down in to the pillow using the thigh and buttock muscles.
- Hold the squeeze at around 70% of your maximum effort, pain should remain at or below 5/10 on your pain scale.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 3 times.**