

## 1. Knee extension with progression to weights, in sitting; 01

3 Sets / 10 Reps / 10 s hold / 2kg weight



Sit up tall in a chair with your shoulders back and down.

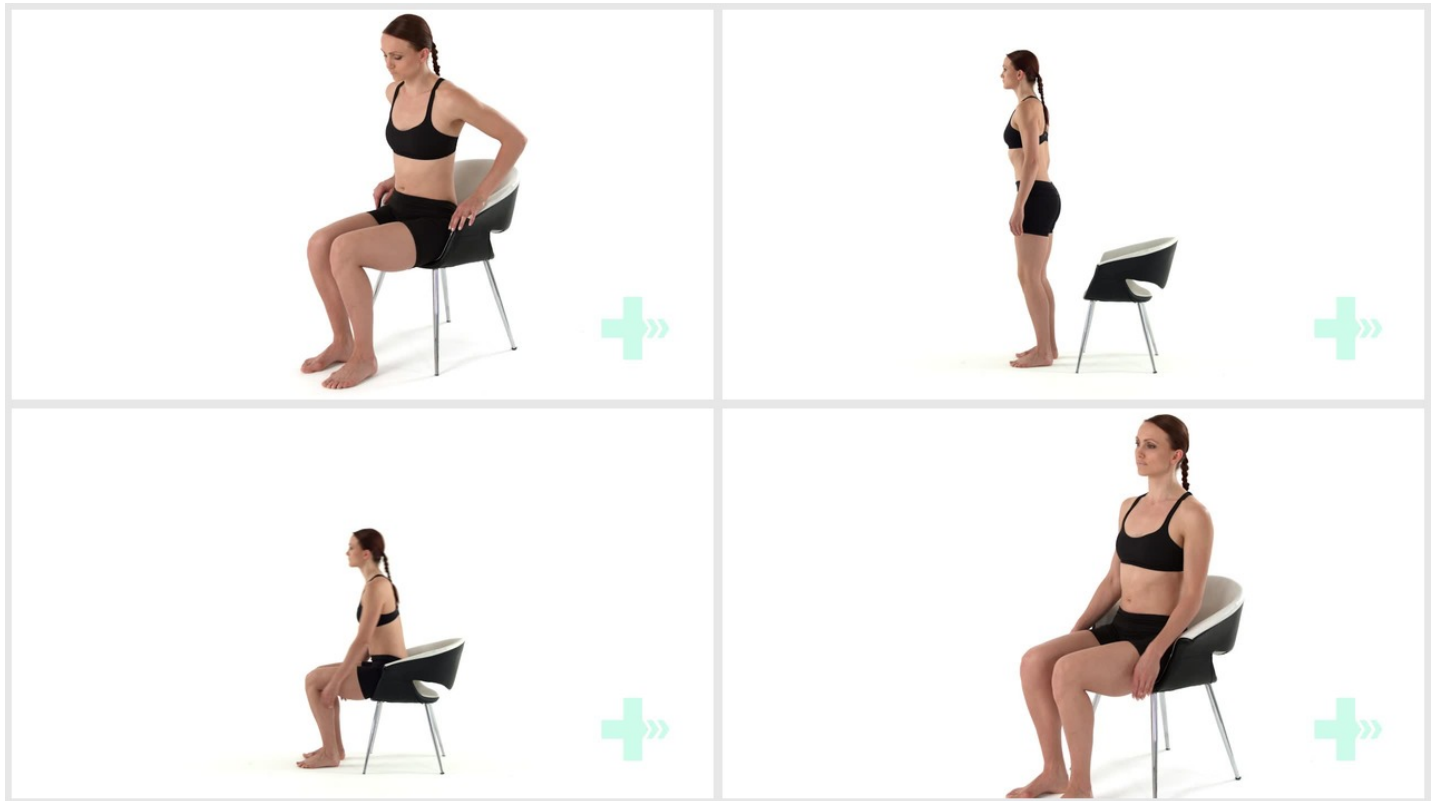
Straighten the affected leg out in front of you, attempting to fully straighten the knee.

Control the movement back to the start position and repeat.

You can add leg weights in this exercise, as your range of movement and strength improves.

## 2. 'ADL' Sit to stand transfer, arms at sides; 02

3 Sets / 10 Reps



Start in a seated position.

Bring your bottom to the edge of the chair with your feet back underneath you.

Try to do this exercise without using your hands.

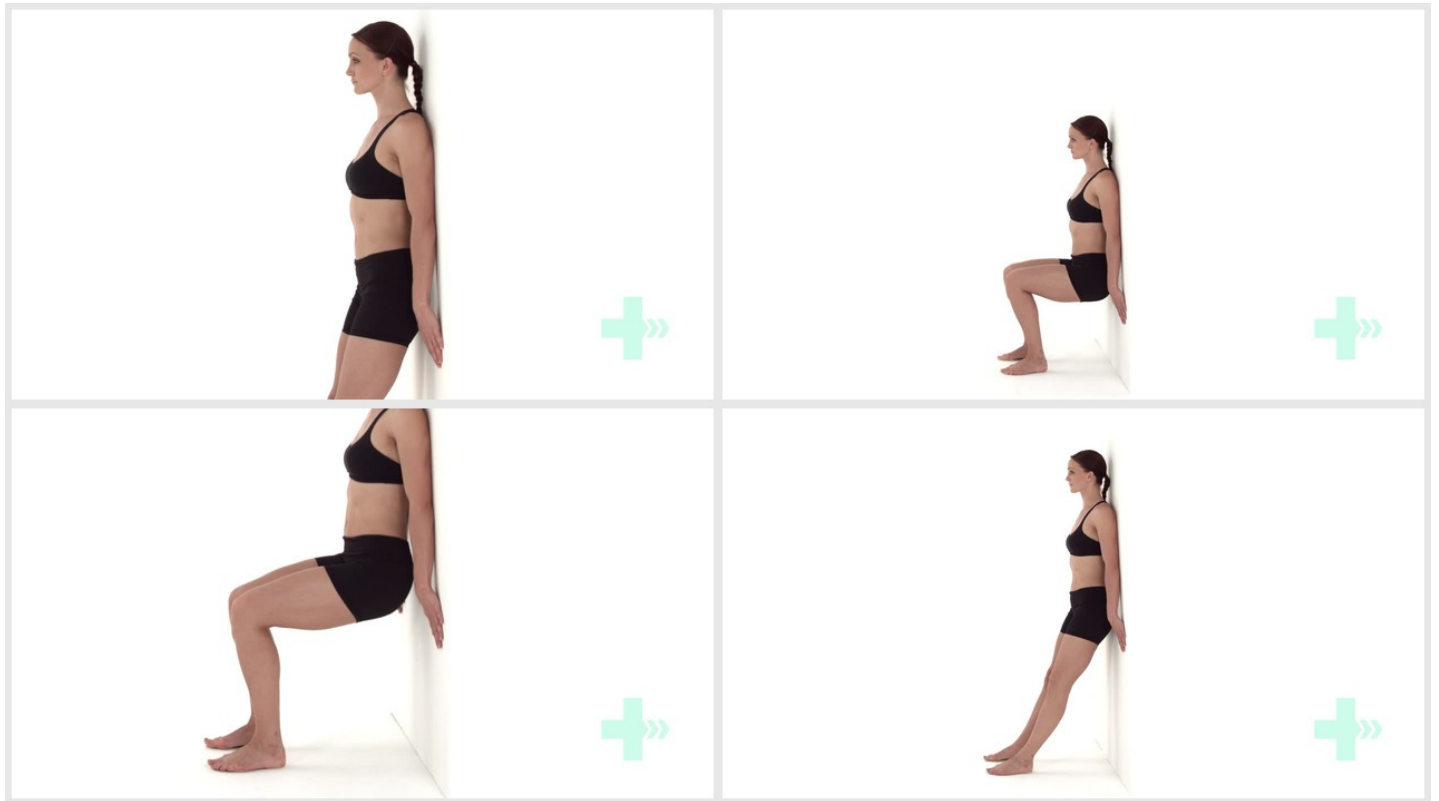
Stand up until you are completely upright and then gradually sit back down.

Control this movement and then repeat.

If you do need to use your hands, try to limit their use as much as you comfortably can.

### 3. "Squat, on wall" Lower body strengthening, to 90/90

3 Sets / 10 Reps / 5 s hold



Lean against a wall, with your feet away from the wall and shoulder width apart.

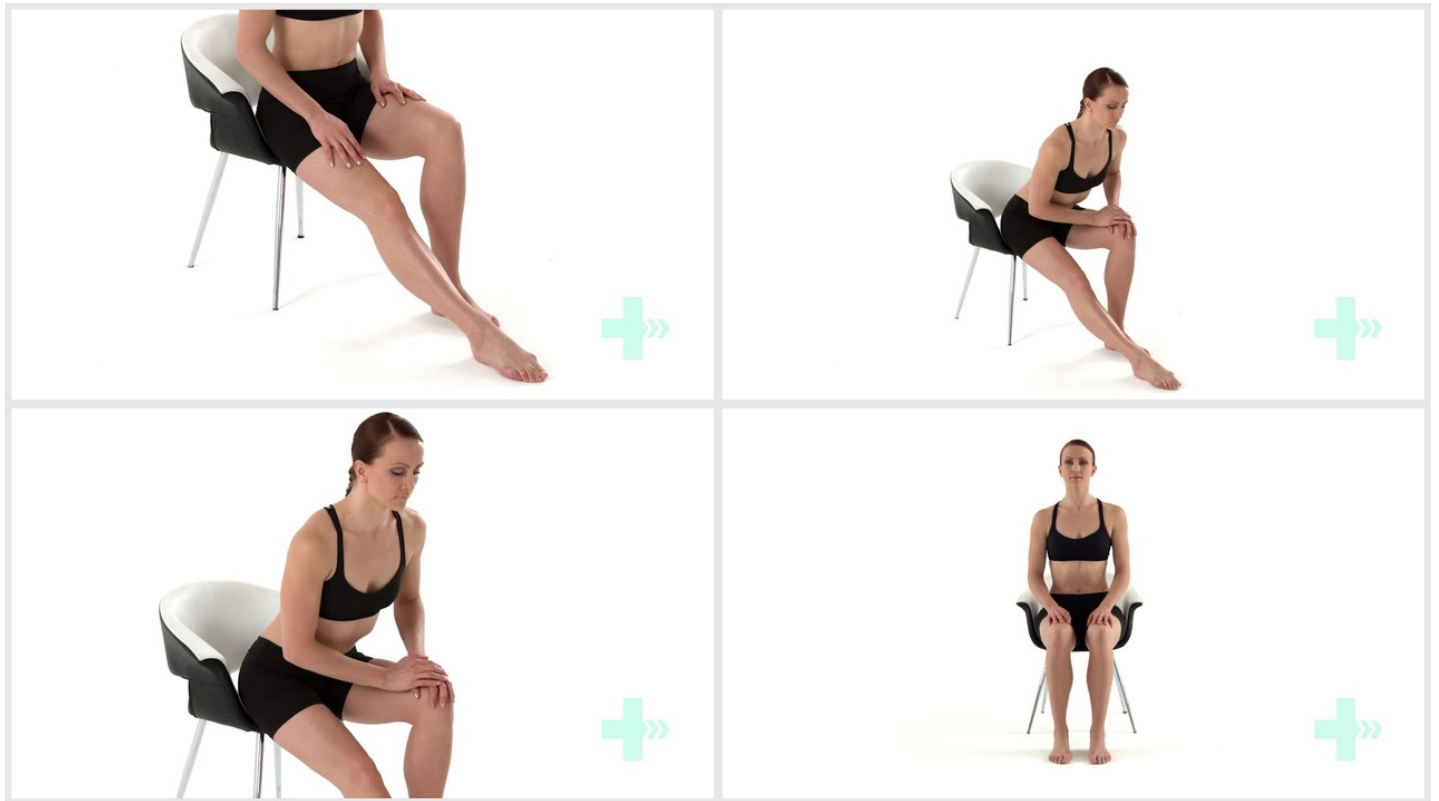
Your back and buttocks should remain in contact with the wall throughout. Slide down the wall, aiming to reach horizontal with your thighs.

Your knees should be at 90 degrees at this point.

Push yourself back up the wall, driving the movement with your buttock muscles.

#### 4. Hamstring stretch, sitting; 01

3 Sets / 5 Reps / 15 s hold



Sit in a chair.

Place your affected leg out in front of you.

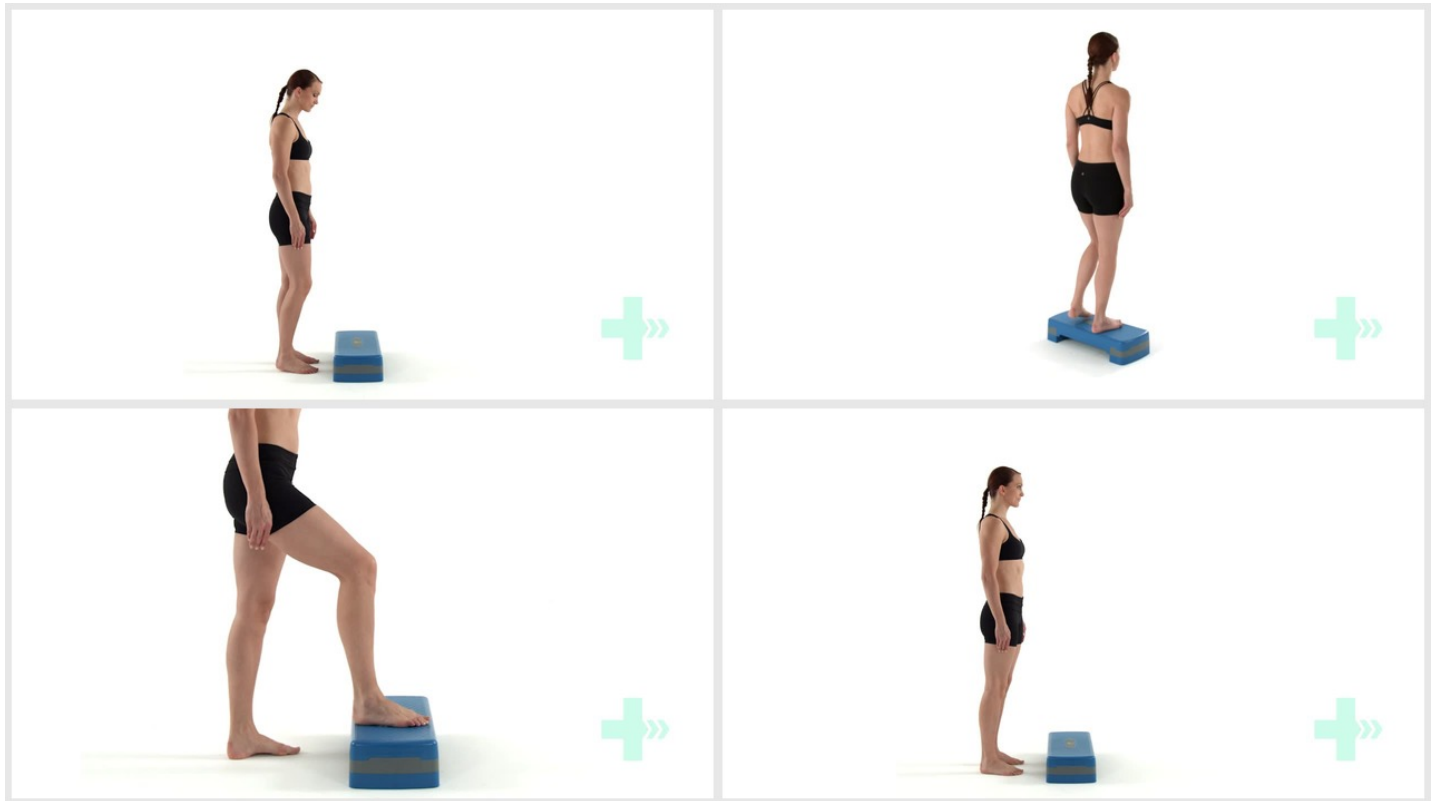
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

## 5. "Step ups" Hip/knee extension strengthening - same leg; 03

3 Sets / 10 Reps



Stand facing a step.

Place your affected leg up on the step.

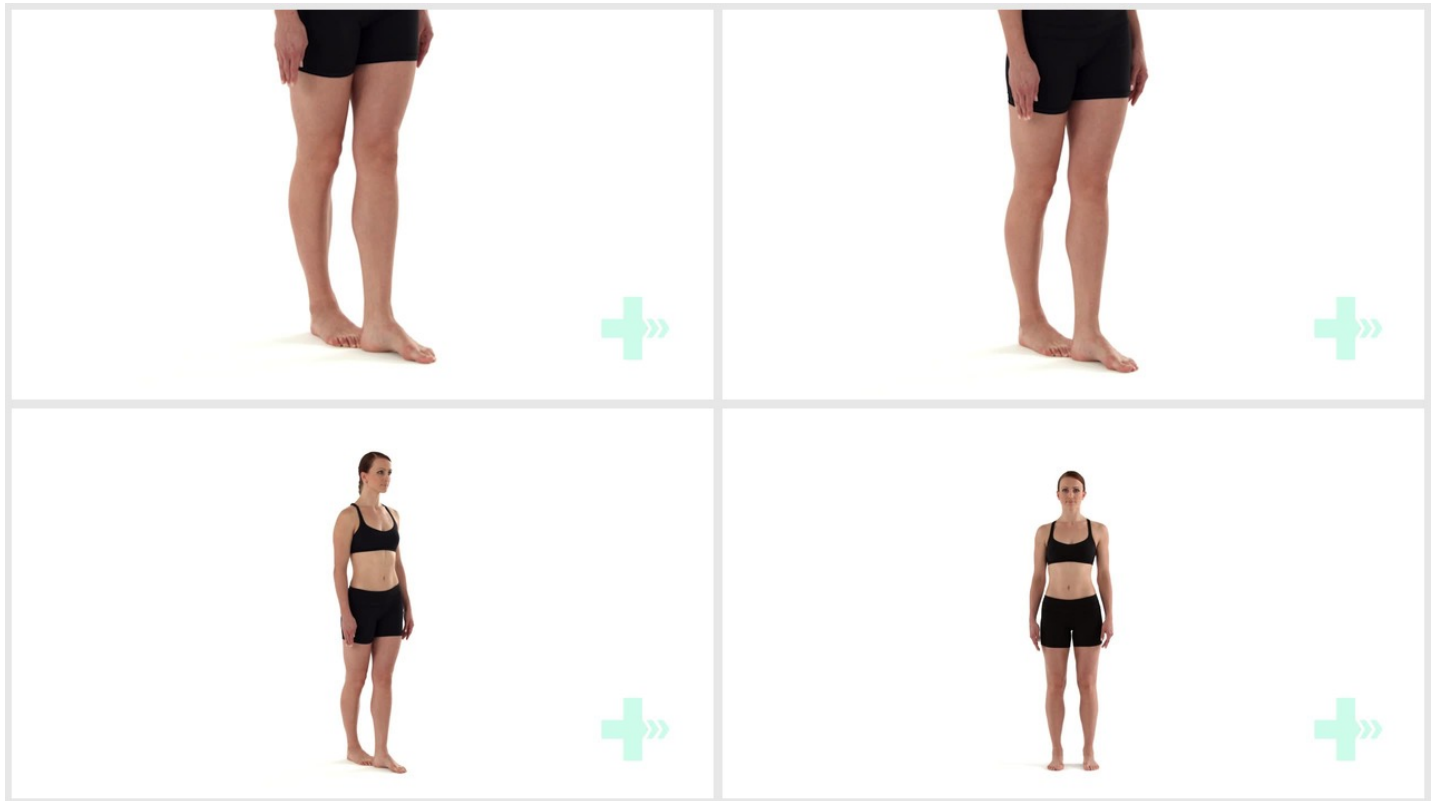
Step up bringing your other leg onto the step and then step back down to the start position using the same leg.

Make sure your knee travels forwards over your toes during this exercise.

Your affected leg will stay on the step throughout this exercise.

## 6. Balance, tandem stance

3 Sets / 5 Reps / 10 s hold



Stand with one foot in front of the other.

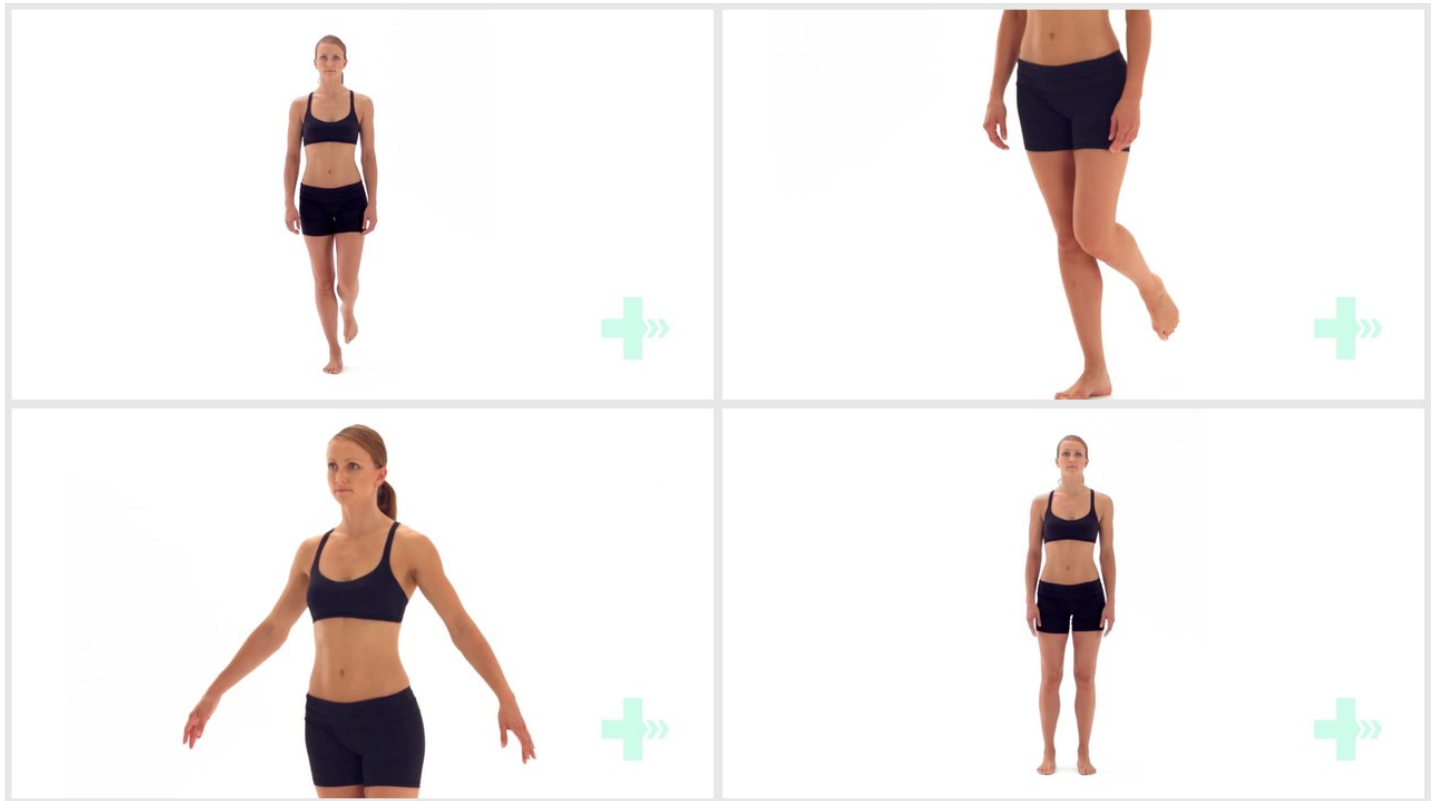
The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Hold this position for as long as you can.

## 7. Balance, single-leg, eyes open, near support; 02

3 Sets / 5 Reps / 10 s hold



Balance on your symptomatic leg for as long as you can.

You may want to be close to a solid object to hold on to if needed.

Do not rest your bent leg on the stance leg.