

Pool Walking/Stationary bike

- Perform this for 5-15 minutes prior to exercises depending on tolerance.

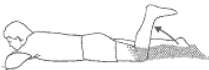
Single leg standing

- Standing near a wall or supporting surface lift one leg on the ground and balance on the other.
- Hold for 30 seconds.
- Repeat each side.
- Progress difficulty by:
 - Closing your eyes
 - Standing on a wobble board with eyes open
 - Stand on a wobble board with eyes closed



Eccentric Hamstring Curl

- Lying on your Stomach bend one knee so that it is at 90° to the floor.
- Slowly lower it to the ground over 5 seconds.
- Perform 3 sets of 10 on each leg.
- Progress difficulty by:
 - Using a TheraBand
 - Using ankle weights



Supine Isometric Quadricep contraction

- Laying on your back contract your quadriceps muscle on one side.
- Hold this contraction for 30 seconds.
- Repeat 3 times each side.



Supine hip extension

- Lying on your back and keeping your knee straight, lift one heel 10cm off the floor.
- Slowly lower it down over 10 seconds.
- Perform 3 sets of 10 repetitions each side.



Eccentric Calf Raises

- Standing near a supporting structure, rise up onto your toes.
- Slowly lower yourself down over 5 seconds
- Perform 3 sets of 10 repetitions

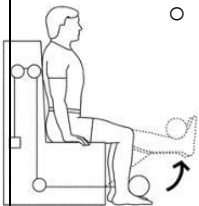


Stationary bike/Stepper Machine

- Perform this for 5-15 minutes prior to exercises depending on tolerance.

Eccentric Knee Extensions (weighted)

- Sitting on a knee extension machine, extend your knees so that the quadriceps muscles contract.
- Slowly lower back to the starting position over 5 seconds
- Perform 3 sets of 10 repetitions
 - Note – this exercise may also be performed by sitting on a chair and using ankle weights or theraband as resistance.



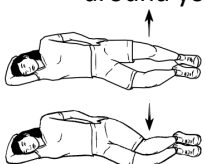
Eccentric Hamstring Curls (weighted)

- Lying on a hamstring curl machine, bend your knees so that the hamstring muscle contracts.
- Slowly lower back to the starting position over 5 seconds.
- Perform 3 sets of 10 repetitions
 - Note – this exercise may be performed by laying on your stomach and bending your knee using ankle weights or theraband.



Clam Shells

- Lying on your side with your knees slightly bent.
- Separate your knees whilst keeping your ankles together.
- Slowly lower your knee to the starting position over 5 seconds.
- Perform 3 sets of 10 repetitions each side.
- Progress difficulty by tying a theraband around your knees.



Wall Squats

- Standing against a wall with feet shoulder width apart, slowly lower yourself down to the seated position.
- Rise back to the standing. Do not go below 90°
- Perform 3 sets of 10 repetitions



Eccentric Calf Raises

- Standing near a supporting structure, rise up onto your toes.
- Slowly lower yourself down over 5 seconds
- Perform 3 sets of 10 repetitions



Prone Bridging

- Laying on your stomach lift your body off the ground using your toes and forearms.
- Keep your core tight and your torso straight.
- Hold for 30 seconds. Repeat 3 times.
- Progress by:
 - Increasing the duration of hold times.
 - Use one leg instead of 2 (alternate sides).



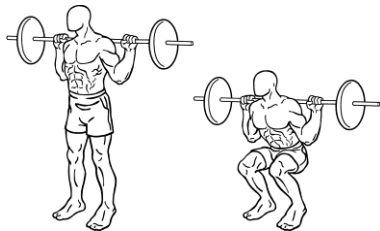
WEEKS 2-6

Stationary Cycle/Stepper

- Perform this for 5-15 minutes prior to exercises depending on tolerance.
- Try to perform this every other day and progress by increasing the duration.

Quarter Squats

- Standing with your feet shoulder width apart perform a squat.
- Ensure that your thighs stay above parallel to the floor.
- Return to the starting position.
- Perform 3 sets of 10 repetitions.
- Progress difficulty by:
 - Adding weight (placing barbell over shoulders)
 - Tying theraband around both knees

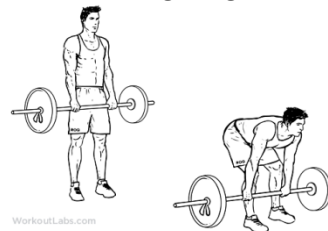


Lunges

- Standing with feet shoulder width apart
- Step forward with 1 leg.
- Lower your back knee towards the ground whilst keeping your body in the upright position.
- Ensure that the knee of your front leg does not go in front of your toes on the same leg.
- Return to the starting position.
- Perform 3 sets of 10 repetitions each side.
- Progress difficulty by:
 - Adding weight

Straight knee dead lifts

- Standing with a barbell in your hands, your feet shoulder width apart and your knees slightly bent.
- Lower the bar towards the ground by bending at your hips, keeping your torso in neutral and keeping the bar as close to your body as possible.
- Return to the starting position.
- Perform 3 sets of 10 repetitions/
- Progress difficulty by:
 - Adding weight



Single leg Calf raises

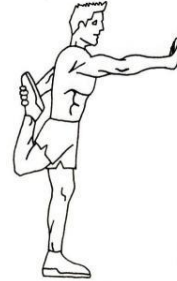
- Standing near a supporting structure, rise up onto your toes of one foot.
- Slowly lower yourself down over 5 seconds
- Perform 3 sets of 10 repetitions



Hamstring Stretch



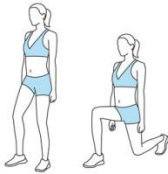
Quadricep Stretch



Calf Stretch



Knee Extension mobilization



WEEKS 6-12

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Stretches and Mobilisations