

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

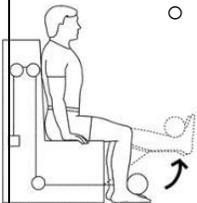


Stationary bike/Stepper Machine

- 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.



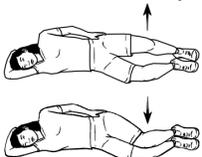
Eccentric Hamstring Curls (weighted)

- 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).



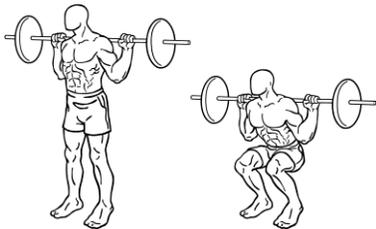
WEEKS 2-6

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

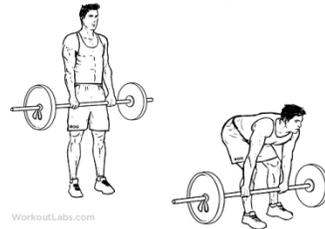


Lunges

- 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

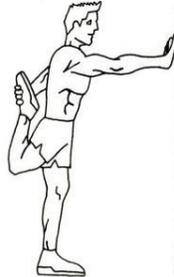
- Standing with a barbell in your hands, your feet shoulder width apart and your knees slightly bent.
- Lower the bar towards the ground by bending at your hips, keeping your torso in neutral and keeping the bar as close to your body as possible.
- Return to the starting position.
- Perform 3 sets of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

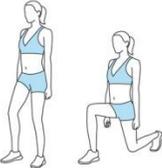


Single leg Calf raises

- 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



<p><u>Hamstring Stretch</u></p>  <p><u>Calf Stretch</u></p> 	<p><u>Quadricep Stretch</u></p>  <p><u>Knee Extension mobilization</u></p> 
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WEEKS 6-12

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.

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Stretches and Mobilisations