

**Notes:** Let me know if you have any questions: info@sports-injury-physio.com

You should not experience a big increase in pain or swelling during or after doing the exercises. Please consult a physiotherapist before you start this programme.

Frequency: You should perform these exercises at least twice a week and at most three times a week. Do not do them on consecutive days.

Duration: Continue the exercises for at least 12 weeks.

Stages: You will notice that each exercise will give you clear instructions of when you are ready for the more advanced version. Start by doing the beginner exercises. When you reach their progression goals, replace them with the suggested progression exercise.

Best wishes  
Maryke

## 1- Single Leg Balance (Beginner & Progression)



**Starting position:** Stand on both feet and correct your foot posture if needed. Place your hands on your hip.

**Movement:** Slowly lift your uninjured leg up in front of you.

**Check that:** Your pelvis stays level and your foot arch stays up.

**Dosage:** You should aim to be able to stand on one leg for 30 seconds without your foot shaking or your body swaying. You may have to start with 10 seconds and slowly work your way up to 30. I find that you get better results if you do this often during the day.

**Progression:** Once you've mastered standing on one leg, see if you can do it while slowly moving your head from side to side. Then see if you can do it while moving your arms.

## 2- Double Leg Squat (Beginner)



Starting position: Standing with feet pointing forwards and spaced hip distance apart.

Movement: Squat down by pushing your bottom out to the back (pretend you want to sit on a chair) and bending your knees. Hold the position for 3 seconds and return to standing upright.

Check that: Your feet stays in a good neutral position. Your knees should move in line with your second toe. Your bottom sticks far out to the back.

Dosage: Start with whatever your knee allows you to do but you should aim to get up to 3 sets of 12 repetitions over time. Rest 2 minutes between the sets. Once you can easily achieve this progress by replacing it with the single leg squat.

## 3- Single Leg Squat (Progression)



Starting position: Balance on one leg.

Movement: Slowly bend your knee and stick your bottom out to the back (pretend you want to sit on an imaginary chair). Hold the position for 3 seconds and return to upright.

Check that: Your ankle and foot should remain in a good position and not collapse in. Your supporting knee should move in line with your second toe and your bottom must stick out backwards to activate your glutes. Your hips/pelvis should remain level.

Dosage: Start by doing 3 sets of 6 repetitions and slowly build up to doing 3 sets of 12 repetitions. Rest 2 minutes between sets.

#### 4- Double Leg Bridge (Beginner)



**Starting position:** Lie on your back with your hips and knees bent to 90 degrees and your feet on a chair.

**Movement:** Tighten up your stomach muscles and lift your bottom off the floor until your trunk and pelvis is in a straight line. Squeeze your buttocks and stomach muscles and hold the position.

**Check that:** You do not put too much pressure on your neck and that you do not over-extend your back by trying to lift your hips too high. It may be an indication that you are forcing the movement too much if your back hurts afterwards. If you find that your hamstrings cramp – shift your bottom closer to your feet.

**Dosage:** Hold the position for 10 seconds. Rest for 10 seconds Repeat 10 times. Once this is easy progress this exercise by replacing it with the bridge with leg lifts.

#### 5- Bridge with leg lifts (Progression)



**Starting position:** Lie on your back with your hips and knees bent to 90 degrees and your feet on a chair.

**Movement:** Tighten up your stomach muscles and lift your bottom off the floor until your trunk and pelvis is in a straight line. Squeeze your buttocks and stomach muscles and hold the position. Now slowly lift your one leg off the chair, but make sure that your pelvis remains absolutely level. Replace that leg and lift the other one.

**Check that:** Your pelvis stays absolutely level. If you find that your hamstrings cramp – shift your bottom closer to your feet.

**Dosage:** Lift your legs 10 times alternating the left and right. Rest 2 minutes. Do 3 sets in total. Aim to build up to 3 sets of 20 lifts.

## 6- Step Ups (Beginner & Progression)



Starting position: Stand facing a low step. You can even use a thick book to start with.

Movement: Place your injured leg on the step and use it to lift you onto the step or book. Try not to push with the uninjured leg. Then slowly lower yourself back down placing the uninjured leg down first.

Check that: Your knee moves in a straight line over your foot – it should not turn in or out.

Dosage: Aim to do 10 slow repetitions. Rest 2 minutes. Repeat 3 times. Start with a very low step that does not cause you pain when you step onto it. You can progress the exercise by increasing the height of the step or by putting some extra weight in a back pack on your back (e.g. 2kg bag of sugar).

Exercise 1 : Single Leg Balance (Beginner & Progression)	Date										
											
Exercise 2 : Double Leg Squat (Beginner)											
											
Exercise 3 : Single Leg Squat (Progression)											
											
Exercise 4 : Double Leg Bridge (Beginner)											
											

<b>Exercise 5 : Bridge with leg lifts (Progression)</b>	Date										
											
<b>Exercise 6 : Step Ups (Beginner &amp; Progression)</b>											
											