

Stand Ups From Chair - Double Leg

- Sit upright in a chair or on a box
- Feet slightly wider than hip width apart
- Arms across chest
- Lean forward slightly & stand
- Lower slowly back to the chair & repeat
- Vary chair height to vary the load
- Use minimal momentum to stand
- Maintain upright posture throughout



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Wall Squat

- Stand with back against wall or pole
- Feet slightly wider than hip width apart & positioned forward of hips
- Descend until top of thighs are parallel to the floor
- Then return to standing position
- Keep back against the wall throughout the movement
- Adjust depth of squat as required



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Squat - Body Weight

- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Clam

1. Begin by laying on good/non-operated side
2. Bend knees and lay with feet and knees together
3. Keeping feet together, lift top knee away from bottom knee - opening the legs like a 'clam'
4. Hold for 3-5secs
5. Lower knee back to position 2
6. Repeat desired reps



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Straight Leg Raise - Supine

1. Lie flat on your back with one knee bent 2. Contract abdominals to reduce the arch in your back - keep contracted during entire exercise 4. With the straight leg, lock the knee by contracting the quadriceps muscle 5. Holding contraction, lift straight leg to a height parallel to the bent leg 6. Lower the leg down slowly ***Variation can also be done with straight leg rotate 45 degrees



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Seated Straight Leg Raise

- Lie or sit on the floor, legs extended
- Bend one leg up for support if necessary
- With the straight leg, point toes up & slowly lift the leg
- Keep leg straight throughout
- Lower leg slowly & repeat



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Half Split Squat - Body Weight

- Stand with a split stance
- Lower slowly into partial split squat position
- Pause & return to start position
- Maintain alignment of knee over ankle & upright posture
- Exercise should be pain free



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Lunge - Body Weight

- Feet hip width apart, arms by side
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Seated Calf Raise

- Sit with feet flat, ankles under knees
- Lift heels upward, keep toes on floor
- Pause, lower & repeat



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Calf Raise - Double Leg

- Stand, use wall or chair for balance
- Feet hip width apart
- Stand tall on tippy toes
- Pause, lower and repeat



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Marching High Knees - In Place

- March up & down on the spot
- Emphasise high knee action
- Emphasis extension of the stance leg



Complete 2-3 sets of 8-12 repetitions. Rest 60s between sets.

Step Up - Body Weight

- Stand in front of a knee high box
- Slowly step up onto the box
- Step down slowly
- Maintain upright posture & keep leading foot flat throughout
- Hold dumbbells for added resistance



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Bridge - Double Leg

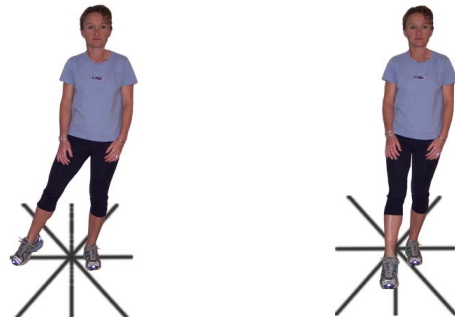
- Lie face up, knees bent, feet flat on floor
- Preset lower abdominals
- Lift hips to align with shoulders & knees
- Pause for 2-3 seconds, lower & repeat
- Hold neutral spine position throughout



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.

Single Leg Balance - Foot Touchdowns

- Stand on one leg in the centre of marked compass formation
- Extend the leg & touch the toe on each point of the compass
- Reach as far as possible while maintaining good balance & posture



Complete 2-3 sets of 8-12 repetitions. Rest 60sec between sets.