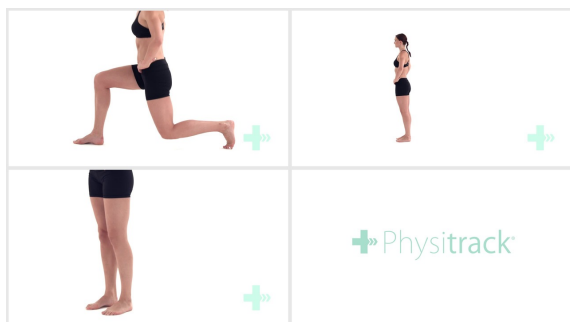


Mid West Physiotherapy
 3 University Court
 Castletroy
 Limerick, V94 X3TF

Complete 3 days a week.

3 Sets / 6 Reps



1. Lunge reverse

Stand straight and take a large stride to the rear with your affected leg. Keeping the movement flowing, drop your hips directly down and bending both legs until your knees reach 90 degrees. Spring back up from this position, bringing your feet back together and keeping your body upright throughout the exercise. Ensure your knees travel directly forwards during the exercise.

3 Sets / 6 Reps



2. Single leg bridging

Lie on your back. Bend one leg upwards, placing the foot on the floor. Draw your other leg up to the same position, maintaining a hips width between your legs. Lift one foot slightly off the floor. Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees. Lower back down and repeat. Keep your pelvis level throughout this exercise.

2 Sets / 15 Reps / 1 s hold



3. Calf raise on step single leg

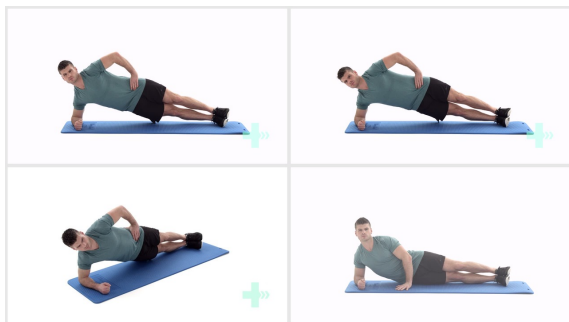
Stand up straight on a step. Place the step in front of a wall, or close to a rail for support. Walk your feet backwards so that your heels hang off the back to the step. Move your weight onto the leg to be exercised, lifting the foot of your other leg off the step. Keeping your knee straight, rise up onto the ball of your foot. Control the movement as you lower your heel back down and repeat the movement.

2 Sets / 15 Reps



4. Single leg calf raise on step, knee flexed

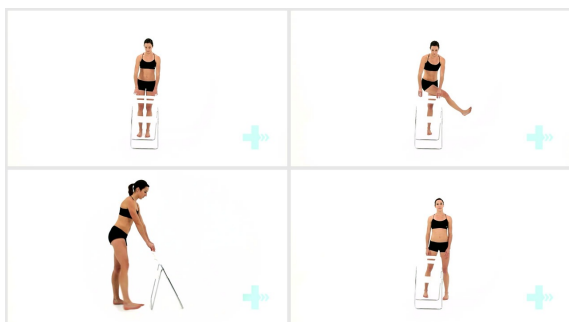
Step up on to a step with a supportive surface such as a wall in front of you. Walk your feet back so that your heels are off the edge of the step. Lift your unaffected leg. Bend your knee on your stance leg, then perform a calf raise, rising up onto your toes. Control the movement as you lower your heel back down. Ensure your knee remains bent throughout.



5. Side planking

Lie on your side, propping yourself up on your elbow.
 Keep your legs straight and stacked on top of one another.
 Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.
 Hold this position for as long as you can, preventing the hips from sagging.

1 Set / 10 Reps / 10 sec duration



6. Lateral leg swing

Hold on to something for stability.
 Swing one leg out to the side and back across the mid-line of your body.
 This is a good exercise to warm up your hips and IT bands, especially if you are a runner.

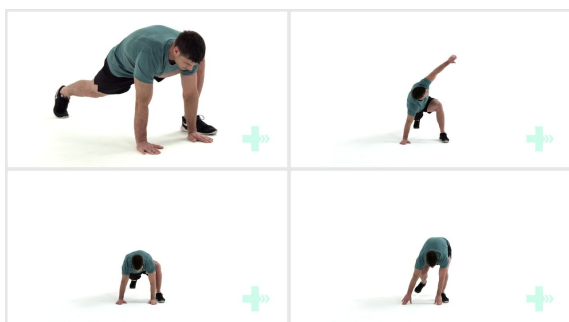
1 Set / 10 Reps / 10 sec duration



7. SLS leg swings

Stand on your affected leg, holding the other leg straight and begin to swing it backwards and forwards, keeping your balance.
 Perform this movement as directed and then change the direction of the swing and begin to move your leg across your body in a side to side movement.

2 Sets / 5 Reps / 1 s hold



8. Lunge reverse - forearm to instep with rotation

Stand tall with your arms at your side.
 Step backward into a lunge with your right foot.
 Place your right hand on the ground and your left elbow to the inside of your left foot.
 Hold this stretch for a moment and rotate your left arm and chest to the ceiling..
 Hold again for a couple of seconds and bring your left arm down and reach it across under your torso to the opposite side.
 Return to standing repeat the movement on the opposite side and repeat for the prescribed number of repetitions.

world's greatest stretch thoracic rotation