

Mid West Physiotherapy
 3 University Court
 Castletroy
 Limerick, V94 X3TF

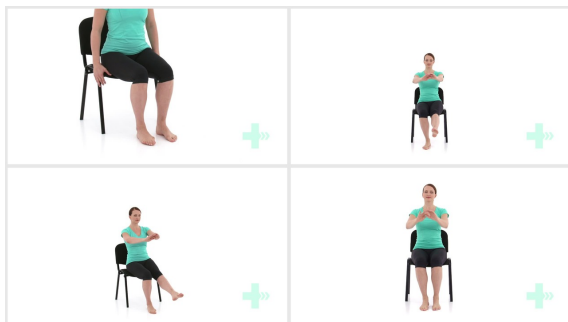
3 Sets / 1 Rep / 10 sec duration



1. Single leg swings

Stand on one foot with the other foot raised off the floor.
 Make sure your toes are pointing forwards.
 Swing your raised leg back and forth like a pendulum whilst maintaining your balance and keeping your body straight.
 Repeat for the assigned time.
 Keeping the same leg raised translate the movement into a forwards sweeping motion moving the leg from side to side in front of your body.

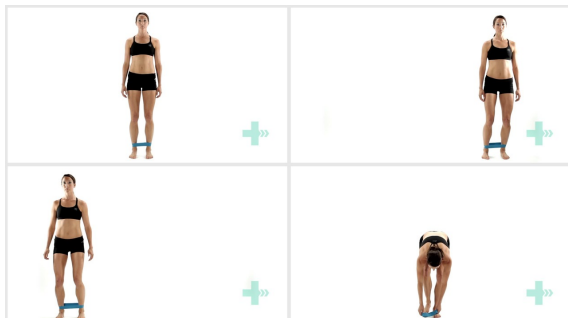
3 Sets / 5 Reps / 1 s hold



2. Single leg sit to stand from chair

Sit up straight with your buttocks to the edge of the chair.
 Lift your unaffected foot off the ground and keep it in front of you.
 Try to do this exercise without using your hands.
 Keeping your affected knee in line with your toes, stand up by pushing down through your foot until you are completely upright.
 Hold this position and then gradually sit back down.
 Control this movement and then repeat.
 Make sure your knee always points directly in front of you.

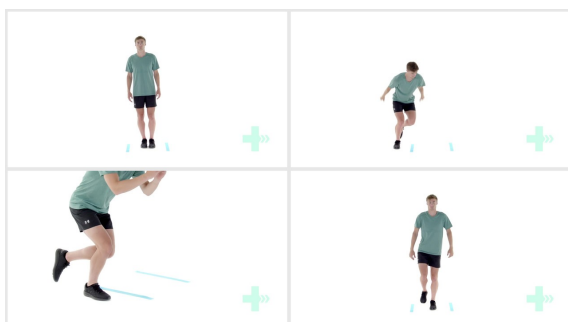
1 Set / 20 Reps



3. Resisted crab walks

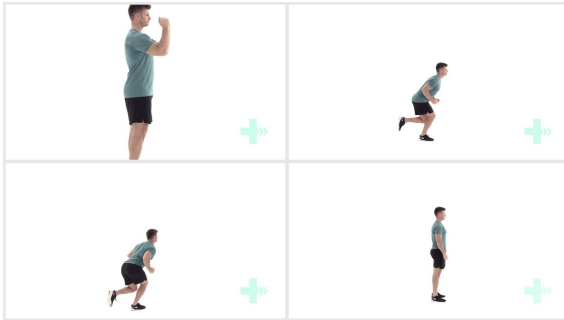
Place a band around your ankles and gather some tension.
 Side-step keeping constant tension on the band.
 Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

3 Sets / 5 Reps / 3 s hold



4. Alternating lateral hop and hold

Stand up straight between a line marker to each of your sides.
 Transfer your weight onto one foot and lift the other from the floor.
 Hop sideways over one line landing lightly on your foot as you regain your balance.
 Use your arms to generate momentum.
 Next, hop sideways over the other line onto your other foot, and regain your balance.
 Continue as instructed.



5. Hop and stick

Stand up straight on one leg with your arms bent.

Drive your elbows back and drop down into a squat, pushing your hips back and bending your knees.

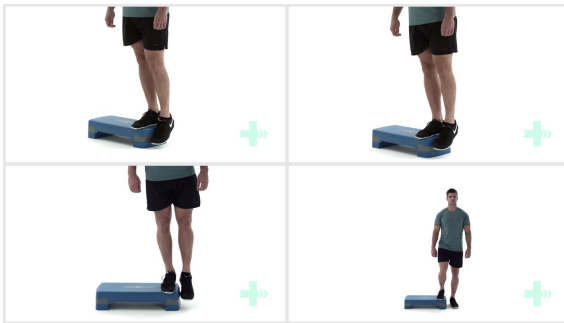
Immediately push through your foot and hop up into the air as far as you can.

Land softly with your knee bent, controlling your balance upon landing.

Hold this position.

Repeat.

3 Sets / 10 Reps



6. Pelvic drop

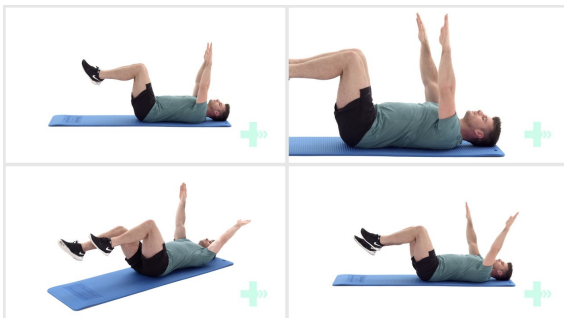
Stand with your affected leg on a stair or step.

Let your other foot drop slowly to the floor sideways, but do not flex your knee or hip in the movement.

Move in a slow and controlled pace during this exercise.

Move your leg back into the starting position and repeat.

3 Sets / 10 Reps



7. Supine dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.

Raise your arms straight up vertically over your head.

Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.

Do not allow anything else to move and make sure your back stays flat on the floor.

Return to the start position and repeat with the other pair.

SLOW and controlled, 3 seconds down and 3 seconds up with legs. Tuck belly button and flatten back the whole time