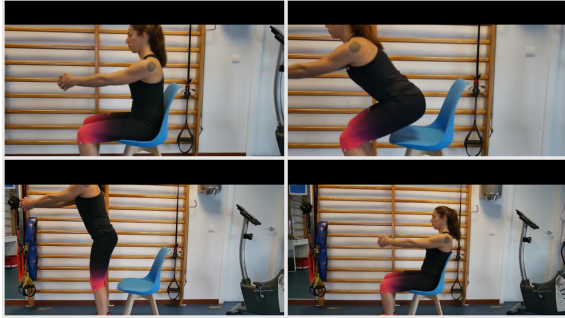


Complete exercises 2-3 times per week.

** Always exercise within your limits and within the parameters set by your treating practitioners, if you are unsure whether you can perform the exercise or have never done it before, contact us for assistance. When starting a new strength exercise, always start with level 1 or low weight and progress up if tolerated. General advice is to work around injuries in the pain range of 2-3/10 maximum, any more than this could be detrimental. **

2 Sets / 6 Reps



1. Sit to stand

Rising from sitting to standing with clasped hands. Lean your body forwards and rock forwards a bit. Load the legs equally. Slowly sit down on the stool.

If you find this easy you can add some weight in the form of water bottles or milk cartons!

If you find this difficult you can perform the movement close to a bench to assist you with your balance, or try a higher chair!

2 Sets / 20 Reps / 20 sec duration



2. March on spot

Stand up straight with a supportive surface nearby for stability if you need it. March on the spot.

Try to pick your knees up nice and high, aiming to have your thighs level with your hips.

If your confidence in your balance is low, march holding onto something stable such as a bench.

2 Sets / 8 Reps

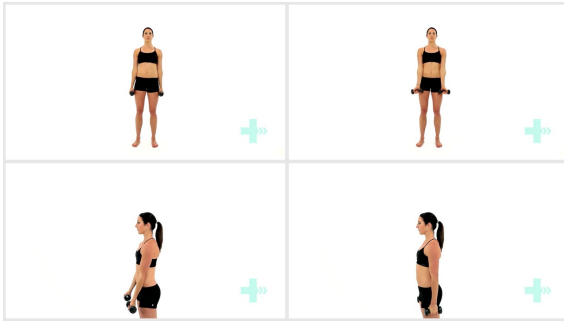


3. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible. Return back to the starting position.

Hold onto something stable such as a bench if required.

If you cannot raise your heel this is okay, you are still working the muscle in a strength aspect, just in a different manner. As long as you are focusing on placing the pressure through the ball of your feet.



4. Bicep curl to overhead press - standing with dumbbells

Stand with the weights in both hands.

Keep your elbows close to your side as you bend the elbow, bringing the weights towards your shoulders.

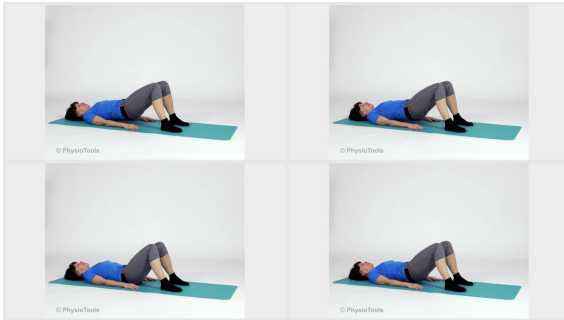
Continue this movement reaching the weights up to the ceiling in an overhead press.

Reverse the movements to bring it back down to the start position.

Notice how your hands rotate as you curl up.

If you do not have access to dumbbells that is okay! just fill up a bottle of water, milk carton or use some canned tins of food!

2 Sets / 8 Reps



5. Simple bridge

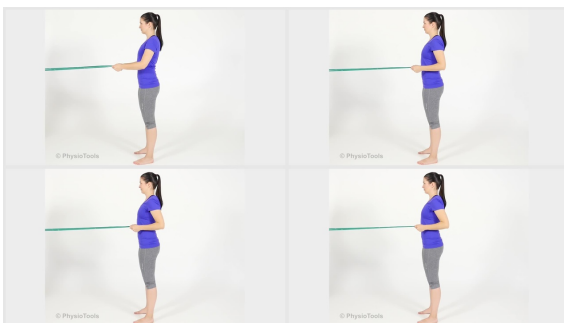
Lie on your back with legs bent.

Squeeze your buttock muscles and roll your pelvis off the floor.

In a controlled manner, return to the starting position.

If you struggle getting down to the floor and back up again, you can also complete this on your bed! Don't feel like you have to lift your hips as high as you can, only to create a straight line with your knees as shown.

3 Sets / 8 Reps



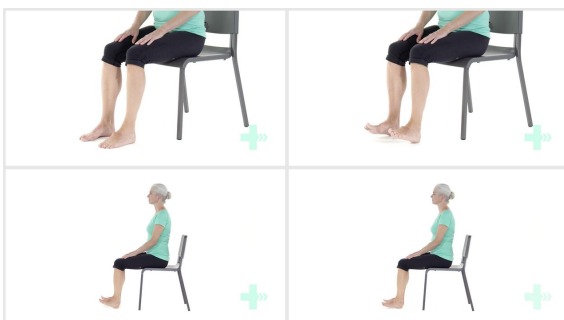
6. Exercise band row in standing

Stand tall holding an exercise band with straight arms. The band is attached in front of you and the slack is taken off the band.

Pull your elbows backwards and your shoulder blades in and down. In a controlled manner let your arms straighten back to the starting position.

You can attach a band to a door handle or tie a knot and close the door on it so that it will not slip through. If you do not have a band you can contact us to purchase one to match our strength levels!

2 Sets / 10 Reps / 2 s hold



7. Toe raise seated (for dorsiflexion)

Sit up straight in a chair.

With your feet hips-width apart lift your toes and the balls of your feet off the floor so that you are balancing on your heels.

Control the movement as you lower back down to the starting position and then repeat.

Hold for 1-2 seconds at top of movement and then slow lower to the floor.