

1A Hip and knee flexion in supine

Lying on your back with your legs straight. Slide the heel of your operated leg towards your body to bend your hip and knee. Slide the heel back down to the starting position.



Repetitions, Sets, Holds and Comments:

1B Knee flexion – passive

Sitting in the chair with your knee bent and foot on the floor, keep your feet still, slide your bottom forwards.



Repetitions, Sets, Holds and Comments:

1C Knee flexion in sitting – active assisted

Sitting in a chair, bend your knee as far as possible, use your good leg to help push your operated leg back.



Repetitions, Sets, Holds and Comments:

1D Knee flexion in sitting – hold relax

Sitting in a chair bend your knee as far as possible, at this point, try and straighten your knee against the resistance of your good leg as shown in the picture. Hold this position for 7 seconds and then relax your operated leg. With your good leg push your operated leg into further flexion.



Repetitions, Sets, Holds and Comments:

1E Knee flexion in sitting – active

Sitting in a chair bend your knee as far as possible and then relax.



Repetitions, Sets, Holds and Comments:

1F Hip and knee flexion with overpressure in lying

Lying on your back bend your hip and knee as far as possible, then use a towel or your hands to pull your knee into more flexion, as shown in the picture below.



Repetitions, Sets, Holds and Comments:

2A Knee extension stretch

Lying on your back put a small rolled up towel underneath your heel as shown in the picture. Let gravity help you stretch your knee into extension.



Repetitions, Sets, Holds and Comments:

2B knee extension in sitting with overpressure

In sitting, wriggle your bottom forwards towards the edge of the chair. Straighten your leg as much as possible and then place your hands on your knee and push your knee straight.



Repetitions, Sets, Holds and Comments:

2C Knee extension in sitting

In sitting straighten your knee in front of you, hold for 5 seconds and then relax



Repetitions, Sets, Holds and Comments:

2D Hamstring stretch in standing

Stand with one leg in front of the other, as shown in the picture. Have the leg you are trying to stretch in front. Bend your knee on the back leg and rest your weight on the bent knee. With a straight back slowly lean forwards.



Repetitions, Sets, Holds and Comments:

2E Calf stretch in standing

Stand with your hand against the wall if needed. Have your feet pointing forwards and your heel down. Keep your knee straight and back straight and lean forwards bending your front knee.



Repetitions, Sets, Holds and Comments:

3A Static quadriceps

Lying on your back with your legs straight, tighten your thigh muscle pushing your knee down into the bed, hold for approximately 5 seconds then relax.



Repetitions, Sets, Holds and Comments:

3B Inner range quadriceps

Lying on your back, place a rolled up towel under the knee of your operated leg. Pull your foot and toes up, tighten your thigh muscle and straighten the knee (keep your knee on the towel), hold for approximately 5 seconds then relax your leg.



Repetitions, Sets, Holds and Comments:

4A Knee extension in sitting

Sit on a chair, pull your toes up, tightening your thigh muscle and straighten your knee. Hold for approximately 5 seconds then slowly relax your leg.



Repetitions, Sets, Holds and Comments:

4B Knee extension in sitting with ankle weight

Sit on a chair with an ankle weight on, pull your toes up, tightening your thigh muscle and straighten your knee. Hold for approximately 5 seconds then slowly relax your leg.



Repetitions, Sets, Holds and Comments:

4C Sit to stand using arms

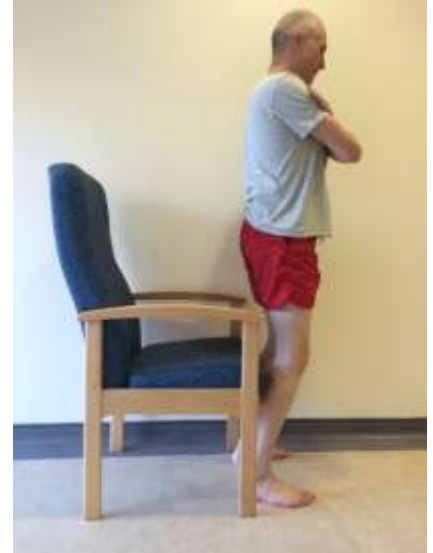
Sitting in a chair, using your hands stand up then sit down slowly. This can be made more difficult by sitting on a lower surface.



Repetitions, Sets, Holds and Comments:

4D Sit to stand without arms

Sitting in a chair with your arms crossed, stand up then sit down slowly. This can be made more difficult by sitting on a lower surface.



Repetitions, Sets, Holds and Comments:

4E Wall slide

Stand with your back against a smooth wall or a door that is closed. Stand with your feet hip width apart and slightly in front of you. Slowly bend your knees and slide your back down the wall a comfortable distance. Straighten your knees and return to your starting position. If you need to do this within reach of something supportive such as the kitchen side, please do this. Try to keep your weight equal on both legs.



Repetitions, Sets, Holds and Comments:

4F Mini-Squats

Standing straight with your feet apart and pointing forwards. Slowly bend your knees lowering yourself down. Return to standing. For balance if needed hold onto kitchen work surface or similar. Try to keep your weight equal on both legs.



Repetitions, Sets, Holds and Comments:

4G Single leg dip

Standing on one leg, hold on to something supportive if needed, bend your hip and knee lowering yourself down and then return to the start position. For balance hold onto kitchen work surface or similar.



Repetitions, Sets, Holds and Comments:

5A Static hamstrings in supine

Lying on your back with your knee bent to about 30° from fully straight as shown in the picture, push your heel into the bed and hold for approximately 5 seconds.



Repetitions, Sets, Holds and Comments:

5B Sliding heel backwards in sitting

Sitting in a chair with your foot flat on a towel as in the picture, slide your heel along the floor back under the chair.



Repetitions, Sets, Holds and Comments:

5C Standing hamstring curls

In standing hold on to something supportive if needed. Bend your knee lifting your heel up towards your body.



Repetitions, Sets, Holds and Comments:

5D Active hamstring in prone lying

Lying on your front, bend your knee lifting your foot up towards the ceiling



Repetitions, Sets, Holds and Comments:

5E Standing hamstring curls with ankle weight

Stand with an ankle weight on, hold on to something supportive if needed. Bend your knee lifting your heel up towards your body



Repetitions, Sets, Holds and Comments:

5F Lunge

In standing, take a step forward bending your knees and then return to the starting position, as shown in the picture.



Repetitions, Sets, Holds and Comments:

6A Hip abduction in supine

Lying on your back, take your leg out to the side, keep your knee straight and move from your hip.



Repetitions, Sets, Holds and Comments:

6B Bridging

Lying on your back with your knees bent and feet flat on the floor. Have your arms by your sides. Lift your bottom of the floor and hold for up to 10 seconds, then relax.



Repetitions, Sets, Holds and Comments:

6C Hip hitching

If needed hold on to something supportive such as the kitchen side. Stand with your weight on the operated leg. Next tighten the bottom muscles of your operated leg to hitch or lift up your opposite leg at the pelvis, keep your leg straight. Hold for 5 seconds. Relax. Repeat standing with your weight on the un-operated leg. Keep the body upright while doing the exercise



Repetitions, Sets, Holds and Comments:

6D Hip abduction in standing

In standing, hold onto something supportive if needed, take your leg out to the side, and keep standing up tall.



Repetitions, Sets, Holds and Comments:

6E Hip abduction in standing with ankle weight

In standing, hold onto something supportive if needed, take your leg out to the side, and keep standing up tall.



Repetitions, Sets, Holds and Comments:

6F Hip abduction in side lying- short lever

Lying on your side with your knees bent, lift your top leg up towards the ceiling, as shown in the picture.



Repetitions, Sets, Holds and Comments:

6G Hip abduction in side lying- long lever

Lying on your side with straight legs. Lift your top leg up towards the ceiling.



Repetitions, Sets, Holds and Comments:

6H Hip abduction in side lying- long lever with ankle weight

Lying on your side with straight legs and wearing an ankle weight. Lift your top leg up towards the ceiling.



Repetitions, Sets, Holds and Comments:

7A Bilateral calf raise

Stand holding onto something supportive if needed, lift up onto the balls of your feet and then relax



Repetitions, Sets, Holds and Comments:

7B Single leg calf raise

Stand on one leg holding onto something supportive if needed, lift up onto the ball of your foot and then relax.



Repetitions, Sets, Holds and Comments:

8A Feet together

Start standing with feet together (see picture) on a level surface. Hold on to something supportive such as a sturdy chair or kitchen side. If you are able to try and let go of the supportive surface and stand unaided then do so, but please hold back onto the supportive surface any time that it's needed. Aim to be able to stand for 10 seconds without holding on.



Repetitions, Sets, Holds and Comments:

8B Semi tandem stance

Stand with feet in semi tandem position (see picture) on a level surface. Hold on to something supportive such as a sturdy chair or kitchen side. If you are able to try and let go of the supportive surface and stand unaided then do so, but please hold back onto the supportive surface any time that it's needed. Aim to be able to stand for 10 seconds without holding on.



Repetitions, Sets, Holds and Comments:

8C Tandem stance

Stand with feet in tandem position (see picture) on a level surface. Hold on to something supportive such as a sturdy chair or kitchen side. If you are able to try and let go of the supportive surface and stand unaided then do so, but please hold back onto the supportive surface any time that it's needed. Aim to be able to stand for 10 seconds without holding on.



Repetitions, Sets, Holds and Comments:

8D Single leg stance

Stand on one foot on a level surface. Hold on to something supportive such as a sturdy chair or kitchen side. If you are able to try and let go of the supportive surface and stand unaided then do so, but please hold back onto the supportive surface any time that it's needed. Aim to be able to stand for 10 seconds without holding on.



Repetitions, Sets, Holds and Comments:

9A Walking on the spot

March on the spot, if this is easy add high knees and/or increase arm swing.



Repetitions, Sets, Holds and Comments:

9B Walking forwards and backwards

Walk forwards and backwards using appropriate walking aids.



Repetitions, Sets, Holds and Comments:

9C Side stepping

Standing in front of something supportive, like the kitchen side. Side step holding on to the support if needed.



Repetitions, Sets, Holds and Comments:

9D Step ups

Stand in front of a step, step up on to the step leading with your right leg, then repeat leading with your left leg. For balance hold onto kitchen surface or similar.



Repetitions, Sets, Holds and Comments:

9E Mini lunge step ups

Stand in front of a step, step up on to the step leading with your right leg. When your right foot is on the step bend your knee bringing your weight forwards. Repeat this leading with your left leg.



Repetitions, Sets, Holds and Comments:

9F Turning

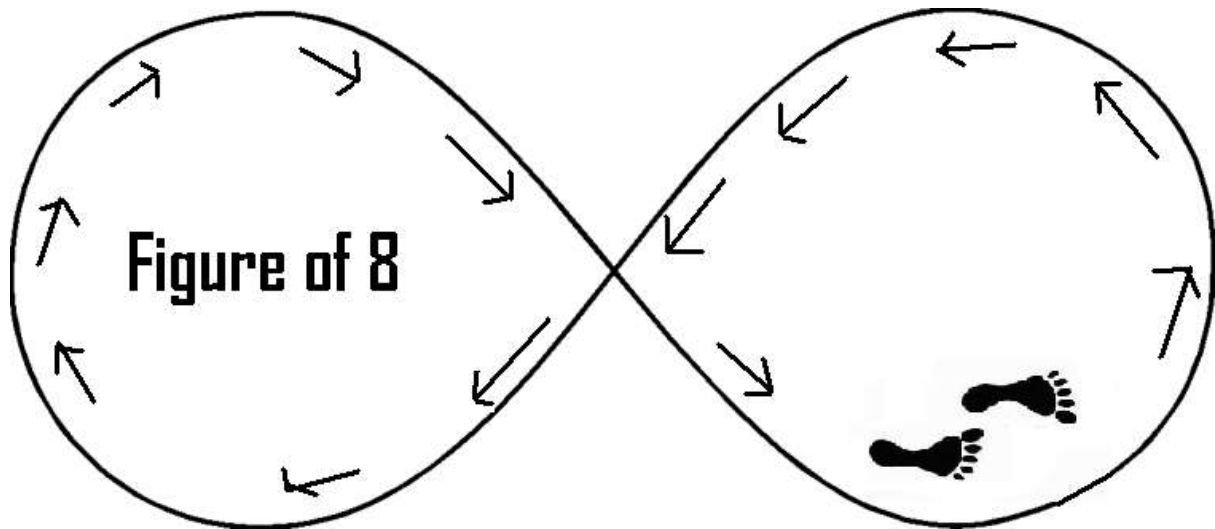
Practice turning with appropriate walking aids.



Repetitions, Sets, Holds and Comments:

9G Figure of 8 of walking

Walk in a figure of 8 pattern as demonstrated in the picture, use walking aids if needed.



Repetitions, Sets, Holds and Comments:

9H Tandem walking

Walk forwards in a tandem pattern, as demonstrated in the picture below.



Repetitions, Sets, Holds and Comments: