



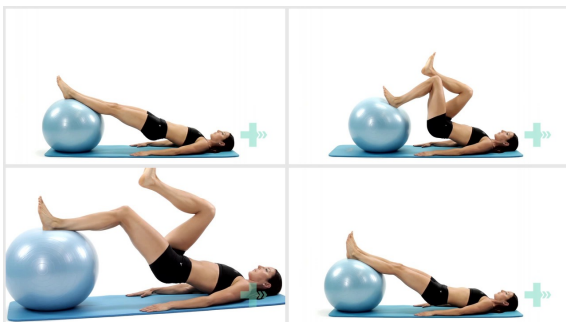
1 Set / 6 Reps / 30 s hold



1. Single-leg balance - eyes closed on balance pad

Step on the centre of the balance pad.
Bend the good leg so you are balancing only on the affected leg.
Close your eyes and try to maintain this position for as long as you can.

4 Sets / 10 Reps



2. Bridge single leg hamstring curls on ball

Lie on your back with the ball placed underneath your heels and your legs straight.
Lift your hips up off the floor keeping the legs straight.
Holding this position, lift the one leg up, then bend your other knee, rolling the ball in towards you.
Apply a constant pressure on the ball with your heels.
Your hips should remain level, they do not tilt.
Return to the starting position and repeat.

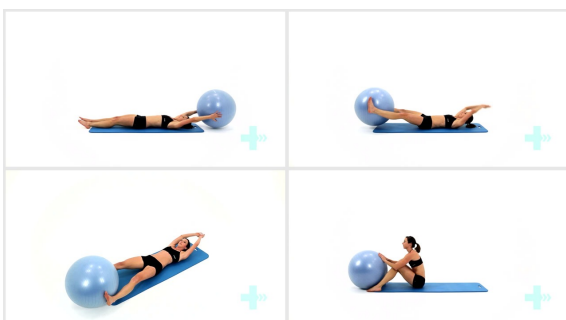
4 Sets / 10 Reps



3. Obliques on stability ball

Lie on your side over a stability ball.
Keep your legs straight and your feet firmly planted on the floor.
You may find it easier to wedge your feet in against the corner of the floor and wall.
Bring your arms up with your hands by your head.
Lift your body up, using the muscles down your side to drive the exercise.
Control the movement back down to the start position.

4 Sets / 10 Reps



4. Core strengthening - stability ball pass "V sits"

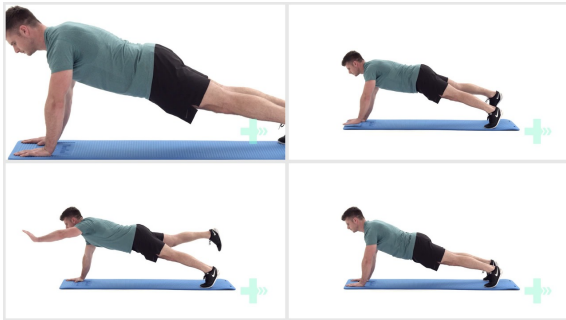
Lie flat on your back holding a stability ball in your hands stretched out on the mat above your head.
Bend in the middle, bringing your legs up, and transfer the ball to your feet before stretching back out flat on the floor.
Bend again in the middle, bringing your legs and arms up, and transfer the ball back to your hands before stretching flat out on the floor again.



5. Side plank with hip abduction

Lie on your side with your legs straight.
Place your top foot in front of your bottom foot on the floor.
Lift yourself up on your side using the lower arm with the hand on the floor.
Your hips will come up off the floor until your body is a straight line from your head to your feet.
Lift your upper arm directly up so that it is in a vertical position.
Maintaining control with your body, lift your top leg up and down.
Do not allow your body to sink or wobble too much.
Relax and repeat.

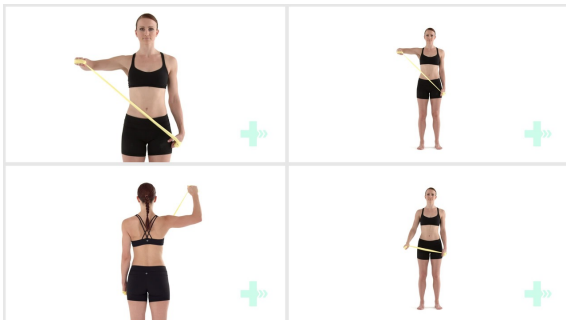
4 Sets / 10 Reps / 1 s hold



6. Superman - opposite arms and legs

Start in a press-up position with a straight line from your head to your feet.
Keeping the body still throughout the movement, lift your opposite arm with your opposite leg.
Repeat using the other opposite arm and leg.
Try to keep your body as still as possible throughout this exercise.

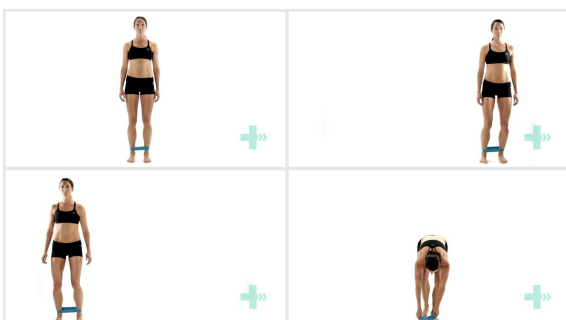
4 Sets / 10 Reps



7. Resisted shoulder external rotation in unsupported abduction

Stand in an upright position holding a resistance band in both hands.
Lift your affected arm out to the side.
Your arm should be at approximately 90° to your body.
Bend your elbow to a right angle.
Maintaining good posture and shoulder blade control, rotate your arm upwards from horizontal to vertical.
Your elbow should remain at a right angle and your upper arm should not move up or down.
Your posture should stay straight and your shoulder blades remaining back and down.
Slowly return to start position and repeat.

4 Sets / 10 Reps



8. 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.



9. Lunges jumping alternate

Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees.

Jump up and switch legs, landing back in the opposite lunge.

Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.



10. Countermovement - drop jump – single leg land and hop forwards onto left leg (with arm swing)

Stand on a box to a height as instructed by your therapist.

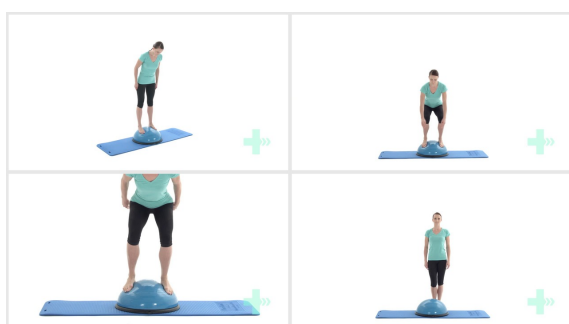
When ready, hover your left leg over the edge of the box.

Keeping your chest up, step forwards off the box ensuring you don't jump.

Upon landing on your left leg, hop forwards as high as you can, using your arms to generate momentum.

Land softly on your left leg and regain your balance.

Repeat.



11. Jump squat hold on Bosu

Place a Bosu on the floor on its flat side.

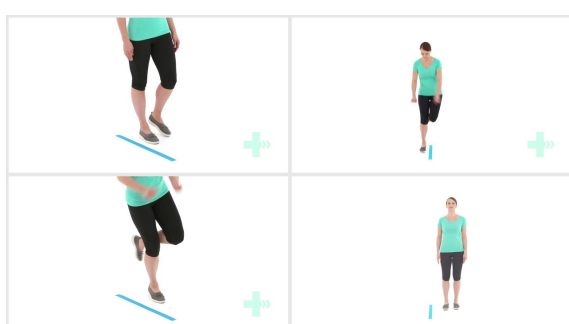
Stand on the rounded side with both legs and bend down into a squat.

Explode through your feet and legs into a jump, landing in a soft controlled manner back in a squat.

Aim to land on the balls of your feet, lowering your heels by bending your ankles, then your knees and hips.

This sequence should flow quickly.

Repeat this movement, jumping from the squatted position.



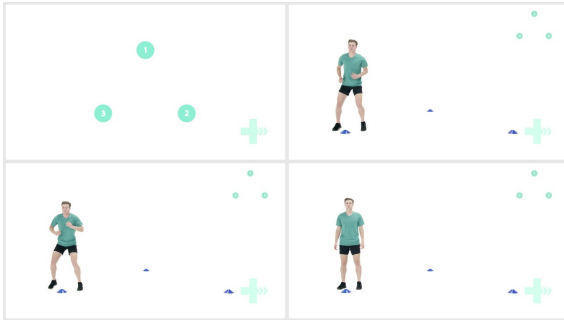
12. Hop - side to side over line

Stand up straight with a line on the floor to your side.

Transfer your weight onto your affected foot and lift your unaffected foot from the floor

Hop sideways over the line landing lightly on your foot and then immediately hop back over the line.

Repeat



13. Reactive agility – acceleration / deceleration with reach (side step and backwards to left) – triangle formation

Place three cones on the ground in front of you, equidistant apart, to form a triangle shape, as shown in the diagram.

Start next to cone three with cone two to your left.

Your assistant will call out cone numbers at random for you to react to.

Upon command, run to touch the cone as instructed then return to touch the start whilst maintaining forward-facing.

Repeat.