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Cardio

Cycling

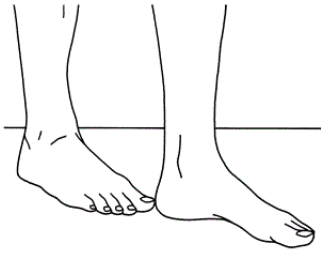
5 min:
Increase as desired/able



Cross trainer

5 min

Increase time and level as able



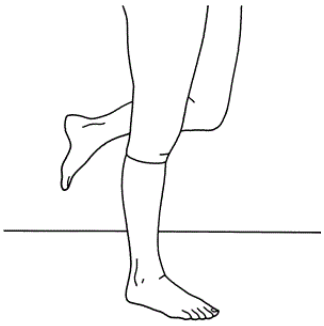
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Balance - Tandem

Place on foot in front of the other as if on a tight rope.

Hold for 10 - 20 Seconds
Repeat 5 times left and right

Progress to eyes closed but with support at hand (Kitchen worktop, door frame, etc).
Progress to single leg balance as able.

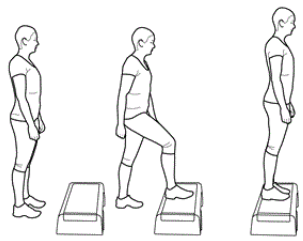


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Balance on one leg for 30-60 seconds

Repeat 3-4 times

To progress try doing this with eyes closed



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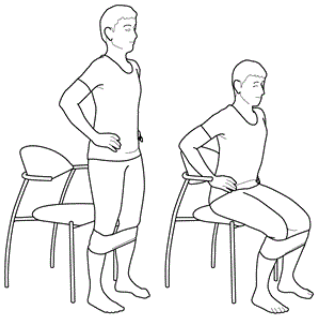
Step Up

Stand tall behind a step.

Place your whole foot on the step and step up. (both feet on step)
Step back down again.

Note: While stepping up keep hip, knee and toes aligned.

Repeat 2 min. Switching leading leg every 10 steps.



Chair Squat with Hip External Rotation

Keep knees together as you tie resistance band around legs just below the knee so that there is no slack.
Stand tall with your feet approximately Shoulder-width apart and weight distributed evenly between your feet.
Make sure the chair is at a suitable distance behind you.

Squat down. At the same time rotate your knees outwards against the resistance. The knees and toes should point in the same direction.
Lightly sit down and then push back up to the starting position using your front thighs and buttock muscles.

Repetitions 2 Min

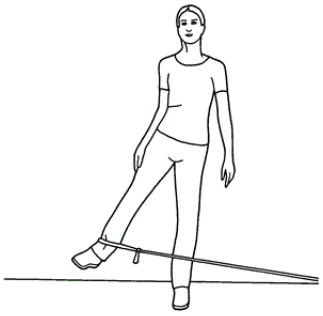


Alternative (or in addition to Chair Squats)

Stand straight with your feet wider than SHOULDER width apart.

Squat down as far as is comfortable as if to sit in a chair. Keep weight towards heels. Keep knees aligned with toes (don't let knees move inwards).

Repeat 3 sets.
Repetitions 10 - 15 /set

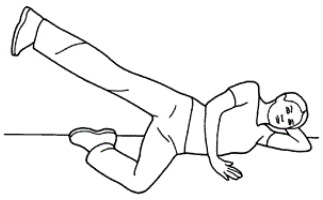


Hip Abduction (5 sec hold)

Stand Holding wall for support. Lift leg out towards the wall leading with side of heel, don't let leg drift forwards, keep upper body still (no leaning).

1. No resistance
2. Theraband around ankles/feet as able
3. Side stepping with theraband tied around lower legs/feet.

Repeat to fatigue: 3 times each leg



Hip Abduction (alternative)

Sidelying. Keep the leg on the bed bent and the upper leg straight.

Lift the upper leg straight up with ankle flexed and the heel leading the movement. **Hold 5sec**.

Ensure toes point forwards, avoid allowing leg to drift forwards or pelvis to rock backwards.

Sets 3 to fatigue

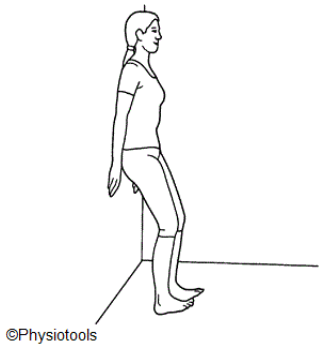


Heel raises:

Push up onto the balls of the feet - lower heels back down with control
Keep knees straight and do not sway body forwards/backwards
Choose level of difficulty:

1. Standing on floor (easy)
2. Standing with heels over the edge of step (medium)
3. As No.2 but on one foot (hard)

Sets 3 to fatigue

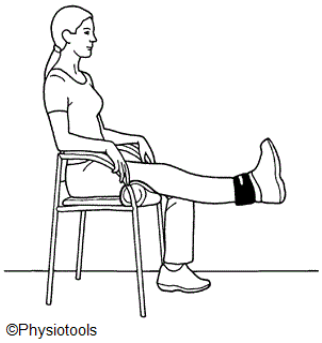


Toe Raises

Stand with your back against a wall and your knees slightly bent.

Lift your toes and front of foot off the floor. Keep your heels on the floor. After a number of repetitions you should feel your shin muscles working.

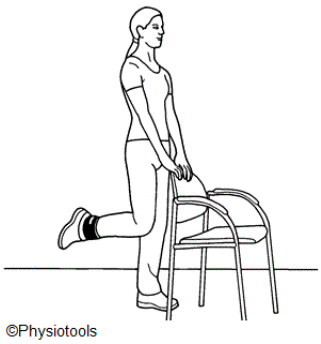
Sets 3 to fatigue



Knee Extension (5 sec hold)

Sitting back in a high chair, straighten knee and hold for 5 seconds. Lower foot back down with control.

Repeat for 2 min
or until fatigue

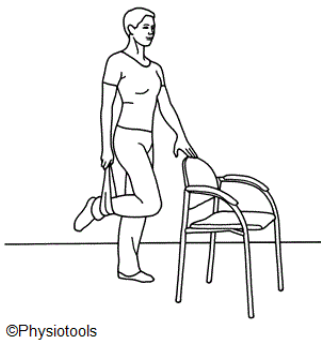


Hamstring Curl

Standing using kitchen worktop of wall for support bend one knee lifting the foot of floor and up towards your buttocks. Do not allow the knee/thigh to drift forwads during the movement.

Lower the foot back to the floor with control.

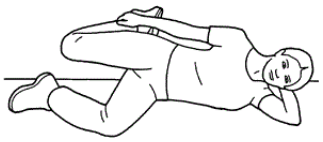
Repetitions 2 min or until fatigue



Stand holding onto a support. Bend one knee and put a towel around your ankle.

Hold the towel and pull the ankle towards your buttock, bending the knee. Tighten the buttock muscles and straighten your hip. Tighten your stomach muscles, do not arch your back.

Hold 25 - 30 seconds.
Repeat 3 times.



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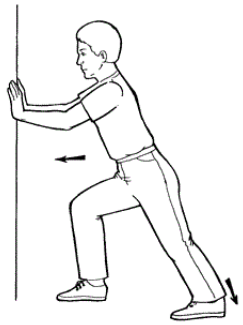
Alternative to standing thigh stretch

Lying on your side with your legs bent. Take hold of the ankle of your upper leg (or use belt/towel)

Gently draw your foot towards your buttock. Feel the stretch in the front of your thigh.

Hold 30 secs.

Repeat 3 times.



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Calf Stretch

1. Position your body against a wall as shown
2. Point toes directly toward wall and hold heel of back foot down
3. Lean into wall as shown so that you feel a stretch
4. Hold 30 seconds
5. 3 repetitions, 2-3 times per day



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Stand with the leg to be stretched on a footstool or Step OR sit on chair

Keeping foot relaxed on the step and keeping knee straight, bend your upper body forwards from your hips keeping your back straight until you feel a moderate stretch on the back of the thigh or back of the knee.
Hold this position for 30 sec
No bouncing, Do not hold your breath - if you feel the stretch relaxes lean further forward until you feel the stretch again.

Repeat 3 times each leg.