



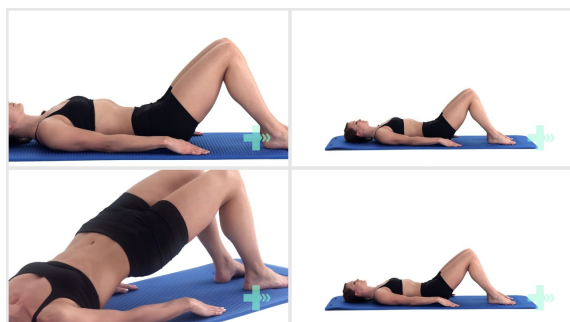
2 Sets / 8 Reps



1. Resisted Seated Knee Extension Version 2

Start by sitting on a chair with your feet flat on the floor. An exercise band is secured behind you, for example on the leg of the chair, and around one foot. Straighten the knee against the resistance from the band. In a controlled manner, return to the starting position.

2 Sets / 8 Reps / 30 s hold



2. Bridge on the floor

Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.

2 Sets / 8 Reps / 30 s hold



3. Balance - feet apart

Start in a standing position with your feet at hips width apart with a chair or table beside you for safety and support. Try and stand in this position for as long as directed.

2 Sets / 8 Reps



4. Mini-squat and heel raise with support

Start by standing and take support. First bend and straighten your knees. Then rise up on your toes and come back down. Continue the movement by alternating the squat and heel raise.



5. Sit to stand from chair - Slower eccentric phase

Start in a seated position.

Bring your bottom to the edge of the chair with your feet back underneath you.

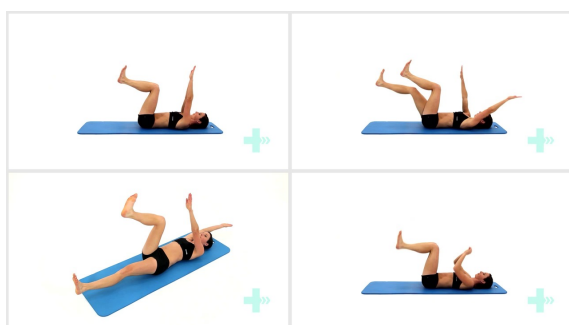
Try to do this exercise without using your hands.

Stand up until you are completely upright and then gradually sit back down.

Control this movement and then repeat.

If you do need to use your hands, try to limit their use as much as you comfortably can.

2 Sets / 8 Reps



6. 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.

2 Sets / 8 Reps / 30 s hold

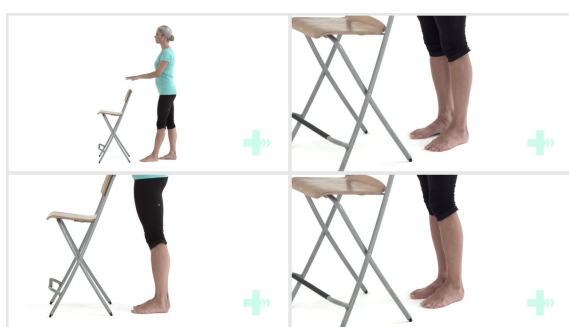


7. Balance - feet together

Start in a standing position with your feet together and a chair or table beside you for safety and support as required.

Try and stand in this position for as long as directed.

2 Sets / 8 Reps / 30 s hold



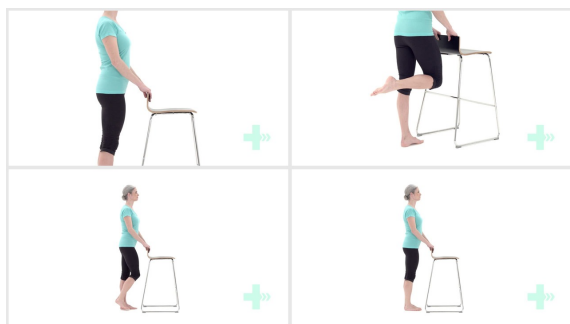
8. Tandem balance standing with feet apart

Stand near a chair or table, with one foot in front of the other and your front foot stepped out to the side a little to improve your stability.

The toes of your back foot should be in line with the heel of your front foot.

Spread your weight evenly across both feet.

Hold this position for as long as directed and then switch feet and repeat.



9. Active knee flexion in standing

Start in a standing position holding on to a chair.
Stand on one leg and keep your thighs pressed together.
Then bring your heel up towards your bottom.
Hold briefly and then return to the starting position.