

11 February 2016



### Single-leg stand

Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

**Sets 1**  
Perform both sides

**Repetitions 3**  
Video link: <http://youtu.be/hH4aQTBIYo0>

**Time 30 secs**



### Single-leg stand (eyes shut)

Stand on one leg with your eyes shut. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your leg). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

**Sets 1**  
Perform both sides

**Repetitions 3**  
Video link: <http://youtu.be/R6i65vF7DTU>

**Time 30 secs**



### 1/4 squat single leg

Stand on one leg, and bend your knee to the 1/4 squat position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Sets 2**  
Perform both sides

**Repetitions 8**  
Video link: <http://youtu.be/Rn3qU2xMYv4>

### Active knee extension on towel



Lie on your back or sit on the floor, and place a rolled up towel under your knee. Straighten your leg against the towel. This exercise helps to straighten your leg if your knee is stiff, and also strengthens the quadricep muscle group (at the front of your thigh).

Sets 2  
Perform both sides

Repetitions 8  
Video link: <http://youtu.be/3f1k1huhRgl>

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### Hip abduction with band



With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side, move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your opposite leg.

Sets 2  
Perform both sides

Repetitions 8  
Video link: <http://youtu.be/mH631V-5K6s>

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### Glute stretch supine 3



Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.

Sets 1  
Perform both sides

Repetitions 3  
Time 30 secs  
Video link: <http://youtu.be/zpaExOK4S8M>

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## Hip flexor stretch 2

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and slightly into your groin. Place your foot on a stool to create an extra stretch. Use a pillow under your knee if you find you need the padding. If you need to make the stretch stronger, tilt your pelvis backwards as shown.

Sets 1  
Perform both sides

Repetitions 3  
Time 30 secs  
Video link: [http://youtu.be/4jv\\_IYFgbTg](http://youtu.be/4jv_IYFgbTg)

Dear , please stop any exercise that causes pain. If you have any questions with an exercise, just email us on .  
Good luck and keep with it!