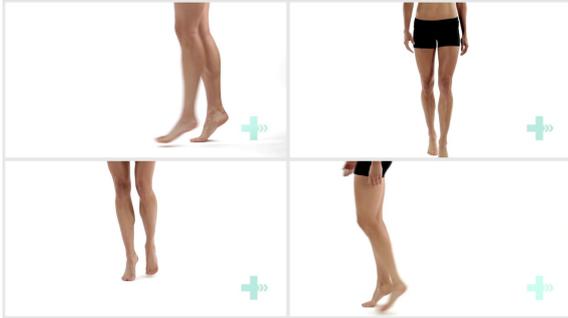




Dorset Physiotherapy Centre  
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This program gets more demanding as you work through it. The early exercises will be good for new injuries and you can add them 1 by 1 as you improve. Work to a slight discomfort only.

2 Sets / 20 Reps



**1. Toe walks**

Start up on your toes with your heels raised off the floor.  
 Walk forward with a natural arm swing, keeping your heels off the floor.

2 Sets / 20 Reps / 10 sec duration



**2. Heel walks**

Stand with your feet flat on the floor and hips width apart.  
 Keeping your heels on the floor, raise your toes up.  
 Walk forward on your heels while keeping the toes lifted off the ground.  
 Let your arms swing naturally.

2 Sets / 20 Reps



**3. Single leg heel raise**

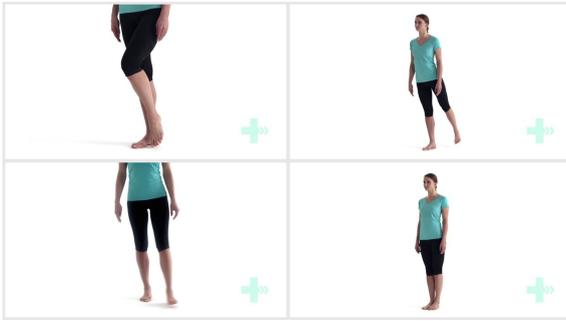
Stand on your symptomatic leg holding on to a supportive surface.  
 Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight.  
 Control the movement back to the start position, and repeat.

1 Set / 5 Reps / 20 s hold



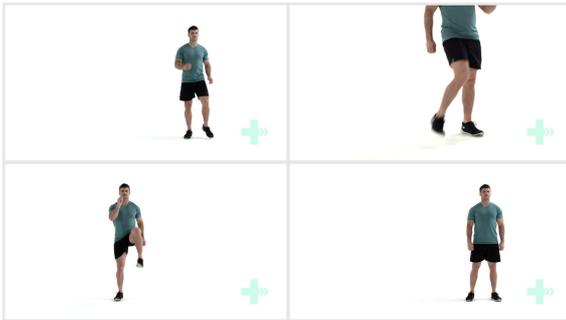
**4. SLS eyes open**

Balance on your symptomatic leg for as long as you can.  
 You may want to be close to a solid object to hold on to if needed.  
 Do not rest your bent leg on the stance leg.



### 5. SLS leg swings

Stand on your affected leg, holding the other leg straight and begin to swing it backwards and forwards, keeping your balance.  
Perform this movement as directed and then change the direction of the swing and begin to move your leg across your body in a side to side movement.



### 6. Lateral pillar march

Stand tall with your arms at your sides and elbows bent to 90 degrees.  
Lift one knee up while you bring the opposite arm forward and the same elbow back.  
Step to the side by driving your foot down to the ground, lifting your opposite knee and exchanging arm positions.  
Continue marching laterally for the prescribed number of steps.  
Repeat the movement on the opposite direction.



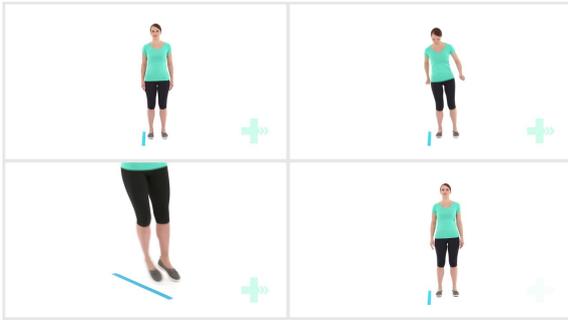
### 7. SLSq deep

Stand on your affected leg.  
It can be helpful to do this in front of a chair as a target.  
Once you have your balance, squat down on your affected leg.  
Keep your back straight as you lean forwards, pushing your hips back behind you. ensure your knee travels directly forwards over your toes.  
Imagine you are going to sit on the chair.  
Control the movement as you straighten back up to the starting position.



### 8. SL star excursion (4 points)

Stand up straight on your affected leg.  
Place targets around you on the floor at 4 different points like a star.  
Balance on your affected leg while trying to slowly touch your elevated foot to each target.  
Ensure you keep good control in your stance leg with your knee travelling directly forwards over your toes, rather than inwards.

**9. Bunny jump - side to side over a line**

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

Jump sideways over the line landing lightly on your feet then immediately jump back over the line.

Repeat

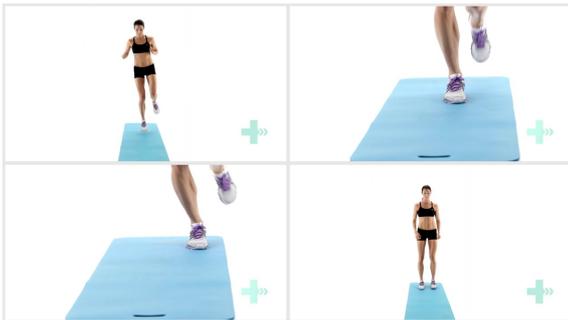
**10. Hop and hold - side to side over a line**

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 as you regain your balance. Next, hop back over the line and regain your balance.

Repeat

**11. "X" hops**

On your affected leg, make an X pattern.

Hop across, center, up, and across.

**12. Lateral bounding**

Stand with your hips flexed and your knees slightly bent.

Generate force with your arms, and bound to one side by extending the ankle, knee and hip of one leg.

Land softly on your lead leg and without pausing, bound in the opposite direction off your opposite leg.

Continue alternating to complete the set



**13. Agility – change of direction - multi-directional movement (diagonal) with reach - Intermediate**

Place five cones on the ground in front of you, equidistant apart, as shown in the diagram.

Start next to cone one facing between cone two and three.

When ready, travel forwards to touch cone two then backwards to touch cone four and then return to touch the start.

Next, travel forwards to touch cone three and then backwards to touch cone five and then return to touch the start.

Repeat.