1. Pelvic tilt into bridge

Lie on your back with your knees bent and your feet flat on the floor. Activate your core stability muscles, tilting your pelvis towards you so that your lower back flattens and your tail bone rolls off the floor. Now tighten your buttock muscles and continue to peel the rest of your spine off the floor until you are in a bridge position. Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor one vertebrae at a time. Keep your buttocks tight until your pelvis rests on the floor.

---

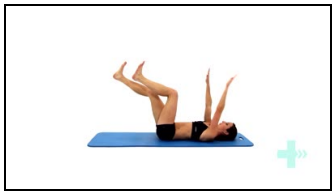
2. Heel raises

Hold on to a solid object with your legs hips width apart. Keeping your knees straight, rise up on to your toes, and control the movement as you lower back down.

---

3. Single leg balance with squat and heel raise

Start from a neutral standing position. Shift your weight to the same side as the affected ankle. Balance on this leg. Bend the other knee and lift this foot off the floor. Spread your arms for balance and take a moment to stabilise. Bend the knee on the leg you are standing on and then straighten this leg and lift using your toes. Lower back down until your foot is flat on the floor. Repeat twice more and then return to the neutral standing position.



4. 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.

---

5. Active knee flexion

Stand with your feet shoulder width apart. Hold on to something for support. Bend your affected knee, bringing your heels towards your buttocks. Start with a small movement and gradually increase the size.

---

1. Pelvic tilt into bridge

Reps	of 10	of 10	of 10	of 10	of 10	of 10	of 10
Sets	of 4	of 4	of 4	of 4	of 4	of 4	of 4

2. Heel raises

Reps	of 8	of 8	of 8	of 8	of 8	of 8	of 8
Sets	of 3	of 3	of 3	of 3	of 3	of 3	of 3

3. Single leg balance with squat and heel raise

Reps	of 10	of 10	of 10	of 10	of 10	of 10	of 10
Sets	of 2	of 2	of 2	of 2	of 2	of 2	of 2

4. Dead bugs

Reps	of 8	of 8	of 8	of 8	of 8	of 8	of 8
Sets	of 2	of 2	of 2	of 2	of 2	of 2	of 2

5. Active knee flexion

Reps	of 12	of 12	of 12	of 12	of 12	of 12	of 12
Sets	of 4	of 4	of 4	of 4	of 4	of 4	of 4