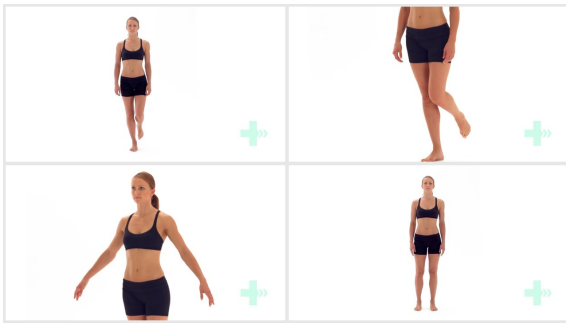


1 Set / 3 Reps / 30 s hold



1. 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.

Try on both legs. If there is a difference in the length of time you can hold the position for between the legs then spend some time working on the less stable side until 30 secs becomes easy on both sides. Practice daily, when this becomes easy move onto the next exercise.

1 Set / 3 Reps / 30 s hold



2. SLS balance on Bosu

Place a Bosu ball on the floor on the flat side near a wall so you can hold on for balance if needed.

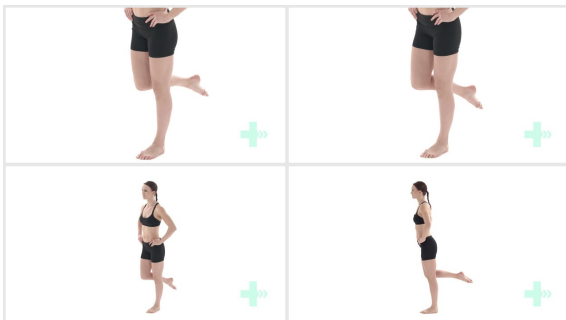
Stand on your affected leg on the centre of the Bosu, and let go.

Try and balance here for as long as you can.

You can make this exercise more difficult by turning your head, or by closing your eyes.

Use doubled pillow or other balance cushion/board if no access to Bosu ball. Try on both legs. If there is a difference in the length of time you can hold the position for between the legs then spend some time working on the less stable side until 30 secs becomes easy on both sides. Practice daily, when this becomes easy move onto the next exercise.

3 Sets / 10 Reps



3. SLSq

Stand near a wall or table for support if you need it.

Balance on your affected leg.

Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes.

Straighten back up fully, and repeat the movement.

SLOW AND CONTROLLED. Try on both legs. If there is a difference in stability between the legs then spend some time working on the less stable side until 10 reps easy on both sides. Try to keep the knee outside of the big toe throughout the exercise (don't allow the knee to move inwards). Practice daily, when this becomes easy move onto the next exercise.

3 Sets / 10 Reps



4. Squat

Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.

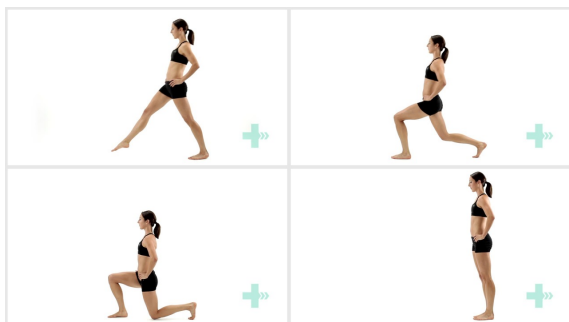
SLOW AND CONTROLLED. Practice daily, when this becomes easy move onto the next exercise.



5. Squat on Bosu

Stand with your legs wide apart on the flat side of a Bosu. Keep your toes pointing forwards as you squat down, maintaining a straight back. Ensure your knees travel directly forwards over your toes. Control the movement as you steadily stand up, returning to the start position. Tightening the core and buttock muscles will help you to control the stability during this exercise.

SLOW AND CONTROLLED. Use doubled pillow under each foot or other balance cushion/board if no access to Bosu ball. Practice daily, when this becomes easy move onto the next exercise.



6. Lunges - bodyweight

Stand straight with your arms to the side or on your hips. Take a large step forwards on your affected leg, then drop your hips directly down between both feet, bending your hips and knees to a 90 degrees. Push back up to the starting position, and repeat. Make sure you take a large enough step that your front knee does not travel over your foot, and ensure your knee travels directly forwards. Keep your body up straight throughout the movement.

Try on both legs. If there is a difference in stability between the legs then spend some time working on the less stable side until 10 reps easy on both sides. Try to keep the knee outside of the big toe throughout the exercise (don't allow the knee to move inwards). Practice daily.