

ACT

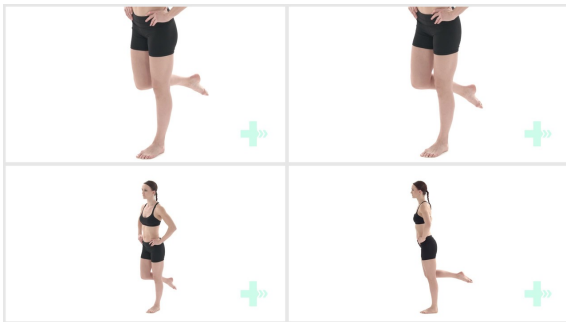
2 Sets / 10 Reps



1. Lunges

Start in a standing position.
Stand on your affected leg and then take two steps forward with your other leg.
Return to the starting position and now take two steps sideways with your other leg and return to the starting position.

2 Sets / 10 Reps



2. 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.

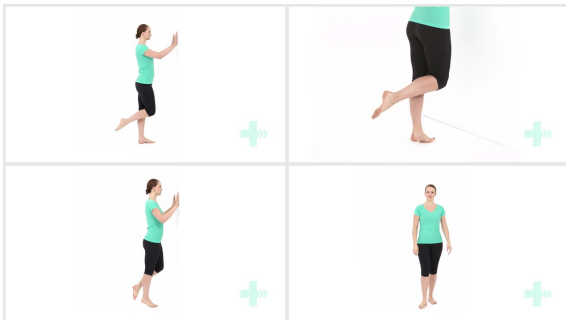
2 Sets / 10 Reps



3. AROM hip extension

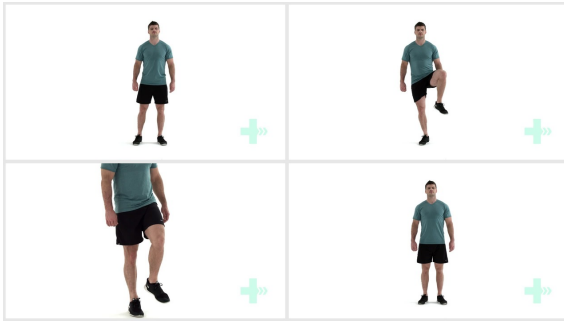
Hold on to a table or work surface and stand straight.
Keep your affected leg straight as you lift it out behind you, then slowly return it to the start position.
Make sure you keep your body upright throughout this exercise.

2 Sets / 10 Reps



4. Dynamic single leg calf raise standing

Stand up straight facing a wall.
Place both hands on the wall in front of you for support.
Stand on one leg.
Rise up onto the ball of your foot then lower your heel back to the floor.
Continue this movement at a fast pace.



5. Lateral hip rotation

Stand tall with your feet hip-width apart, your knees slightly bent and your hips back.

Lift one knee into the air and laterally rotate your hip.

Repeat the movement with your other leg.

Continue alternating the movement to complete the set.