

Capital Hydrotherapy
8/2 King Street
Deakin, ACT, 2600

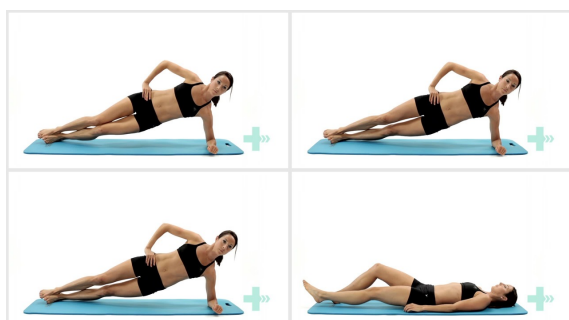
2 Sets / 10 Reps



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.

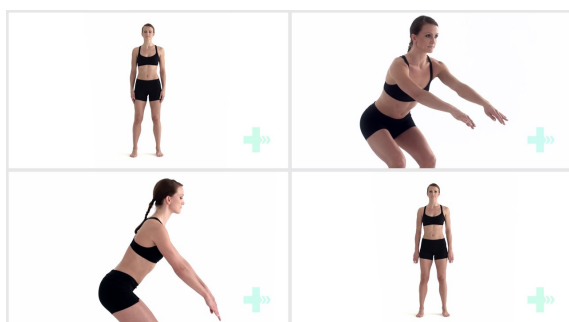
2 Sets / 10 Reps / 5 s hold



2. Side plank

Lie on your side, propping yourself up on your elbow.
Keep your legs straight and stacked on top of one another.
Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.
Hold this position for as long as you can, preventing the hips from sagging.

2 Sets / 10 Reps



3. Squats [09060]

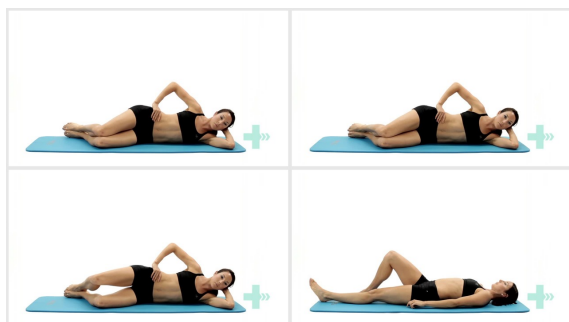
Stand with your feet shoulder-width apart.
Engage your core muscles and gently squat down.
As you squat, bend from your hips.
Keep your back straight as you push your hips back and counterbalance by leaning your torso forwards.
Keep your knees aligned with your toes.
Your weight should be evenly on your heels and the balls of your feet, not your toes.
It might help to image you are trying to sit down in a chair that is too far away from you.
Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.



4. Bicycle - supine

Start position is lying on your back with the hands behind the neck. Lift both legs off the floor and begin a cycling motion, maintain a curl through the trunk and perform at a slow pace without jerking on the neck. Attempt to touch the elbow to the opposite knee throughout the cycling movement and as the leg extends, keep it straight and then lower it until it is just off the floor before retracting it back inwards towards the body. Do not allow the lower back to arch off the floor during the movement.

2 Sets / 10 Reps



5. Clam shells

Lie on your side with your feet, ankles and knees together. Bend the legs a little and tighten your core stability muscles. Keeping the feet together, lift the top knee up. Make sure you don't roll your body back with the movement. Control the movement as you bring the knee back down to the starting position.

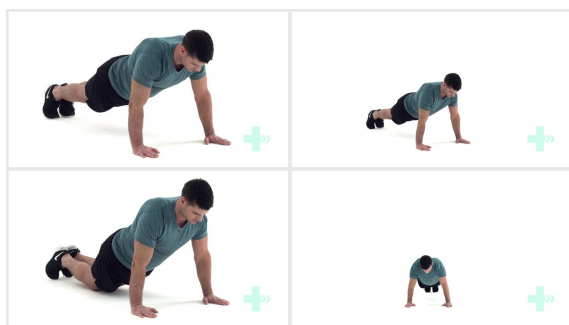
2 Sets / 10 Reps



6. Standing active hip abduction

Stand straight, holding a chair or table for balance. Keeping your affected leg straight, slowly move it out to the side. Control the leg as you bring it back in to the starting position, and then repeat the movement. Make sure you do not lean your body or hitch your hip up as you move your leg.

2 Sets / 10 Reps



7. Push up

Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor. Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned with the shoulders. Press up into the start position using the arms and shoulders only, keep the backside in line with the back and shoulders and do not arch the lower back. This exercise can also be performed by starting with the knees on the floor and then commencing the press-up from this position.