

Lower Limb Strength

ACT

3 Sets / 10 Reps

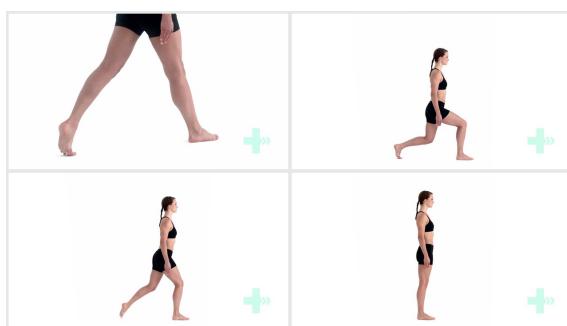
**1. Squat**

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.

**2. Static lunges [09100]**

Take a large step forwards on your affected leg.

Drop your hips directly down between your two feet.

Allow both legs and hips to bend, so that your knees are at 90 degrees, your back heel comes off the floor and the shin of your front leg is vertical.

Push back up to the starting position and repeat.

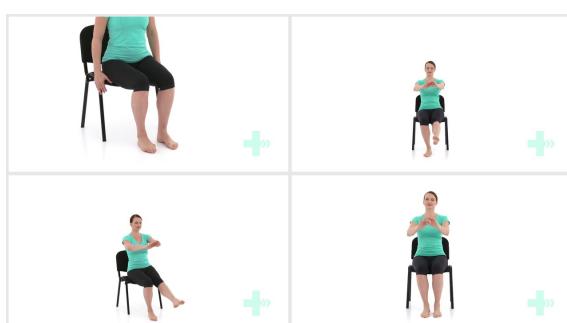
Make sure your knees travel directly forwards over your toes at all times.

**3. Single leg calf raise on floor**

Stand on your symptomatic leg.

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.

**4. Single leg sit to stand from chair**

Sit up straight with your buttocks to the edge of the chair.

Lift your unaffected foot off the ground and keep it in front of you.

Try to do this exercise without using your hands.

Keeping your affected knee in line with your toes, stand up by pushing down through your foot until you are completely upright.

Hold this position and then gradually sit back down.

Control this movement and then repeat.

Make sure your knee always points directly in front of you.