

ACT

3 Sets / 10 Reps



1. Lunge - forward with support

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking.

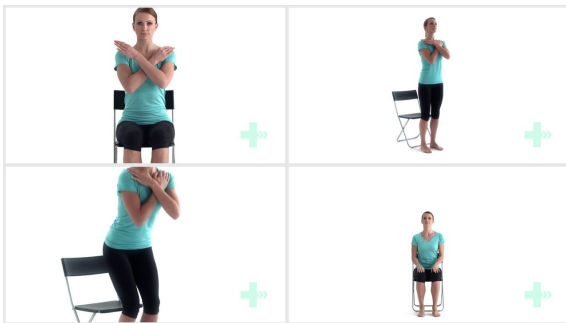
Stand straight with your arms to the side or on your hips and hold on to a chair for balance.

Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees.

Push back up to the starting position and repeat on the other leg.

Keep your body upright and straight throughout the movement.

3 Sets / 10 Reps



2. Sit to stand - no arms

Sit in a chair with your feet flat on the floor.

Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum.

Stand up, then slowly sit back down and repeat a number of times.

2 Sets / 2 Reps / 20 s hold



3. Quads stretch - stand

Stand up straight, close to a wall or supportive surface.

Bend your knee on the affected leg, taking your heel towards your buttock.

Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh.

Ensure you keep your knees together.

Hold this position.