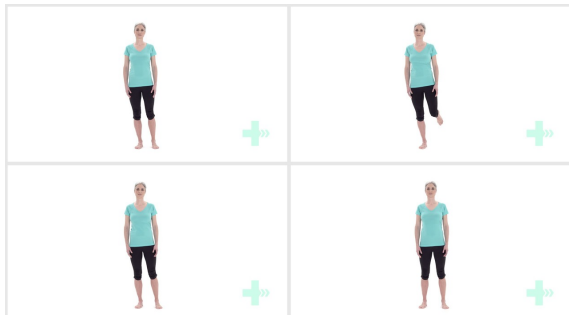


3 Sets / 3 Reps / 30 s hold



### 1. Single leg balance

Stand with your legs straight at shoulder width apart.  
Now lean slightly to the side and at the same time bend your opposite knee.  
You can make this more difficult by bending further but only within the limits of your mobility.

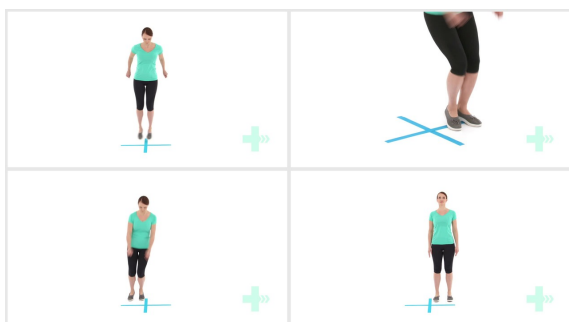
*Use a wall for balance/safety, but only touch the wall when needed*

*You are aiming to get to 30 seconds without falling, placing the other foot on the ground, touching the foot on the leg, or grabbing onto something with your hands.*

*Progressions are as follows:*

- 1: Eyes open flat ground
- 2: Eyes closed flat ground
- 3: Eyes open on a pillow
- 4: Eyes closed on a pillow

3 Sets / 3 Reps / 30 sec duration



### 2. Bunny jump - around the grid - clockwise

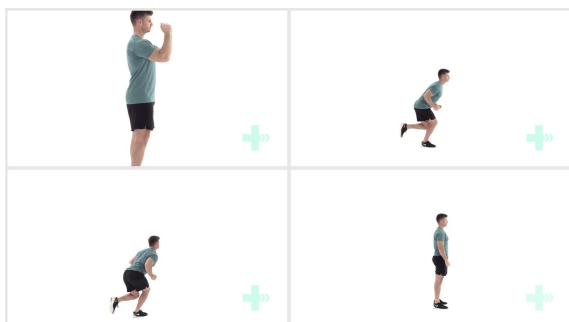
Stand up straight with a four square grid on the floor.  
Start in the back left square of the grid  
Jump forwards over the line in front of you landing lightly on your feet and then immediately hop over the line to your right, followed by hopping backwards over the line and finally to your left to the start position.  
Repeat.

*1 rep is 30 seconds each way*

*Start clockwise for 30 seconds, and then go anti clockwise for 30 seconds, then repeat 2 more times*

*60 seconds break and repeat, followed by another 60 seconds break and one final set*

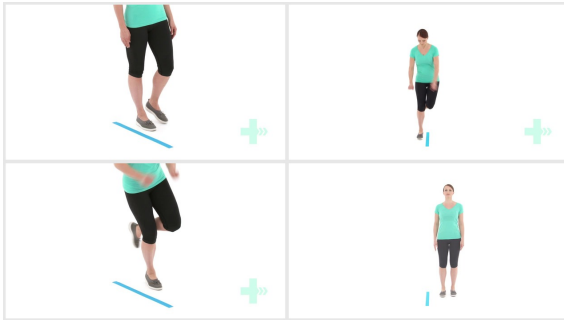
3 Sets / 8 Reps / 1 s hold



### 3. Hop and stick

Stand up straight on one leg with your arms bent.  
Drive your elbows back and drop down into a squat, pushing your hips back and bending your knees.  
Immediately push through your foot and hop up into the air as far as you can.  
Land softly with your knee bent, controlling your balance upon landing.  
Hold this position.  
Repeat.

*As per instruction video*



#### 4. Hop - side to side over line

Stand up straight with a line on the floor to your side.

Transfer your weight onto your affected foot and lift your unaffected foot from the floor

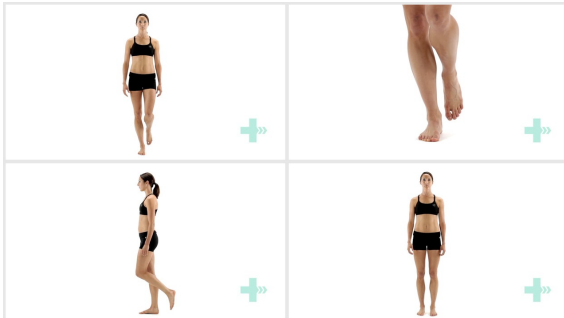
Hop sideways over the line landing lightly on your foot and then immediately hop back over the line.

Repeat

*Every 2nd day and each week add an extra two hops*

*Start with a small distance and as you gain more confidence you can increase the distance between the hops*

2 Sets / 1 Rep



#### 5. 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.

*The number of reps for this exercise will vary depending on your sex and your age. See below*

*Males:*

*Age 20-29 you are aiming for 37 reps*

*Age 30-39 you are aiming for 32 reps*

*Age 40-49 you are aiming for 28 reps*

*Age 50-59 you are aiming for 23 reps*

*Age 60-69 you are aiming for 19 reps*

*Age 70-79 you are aiming for 14 reps*

*Age 80-89 you are aiming for 10 reps*

*Females*

*Age 20-29 you are aiming for 30 reps*

*Age 30-39 you are aiming for 27 reps*

*Age 40-49 you are aiming for 24 reps*

*Age 50-59 you are aiming for 21 reps*

*Age 60-69 you are aiming for 19 reps*

*Age 70-79 you are aiming for 16 reps*

*Age 80-89 you are aiming for 13 reps*

*Do not be discouraged if you do not hit the 'normal' range for your sex and age.*

*These are the numbers for healthy/strong runners, and the reason we are doing these exercises is to build your strength in a slow and controlled manner to get your strength to these numbers to reduce injury in the future.*

*Record your score and try to improve each time you do these exercises. It is not a race so do not push yourself to do more than your body allows as we do not want to cause an injury*

*Complete these exercises once per day, 2-3 times per week*

*Start this with both feet at the same time. When you are able to do 2 sets of the target number for your age and gender, you can then progress to single leg and building up*