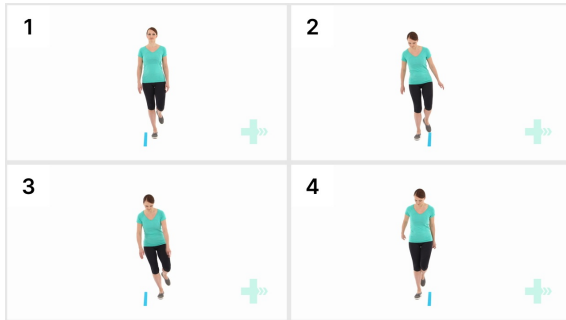


ACT

2 Sets / 10 Reps / 10 sec duration



1. Hop and hold - side to side over a line

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

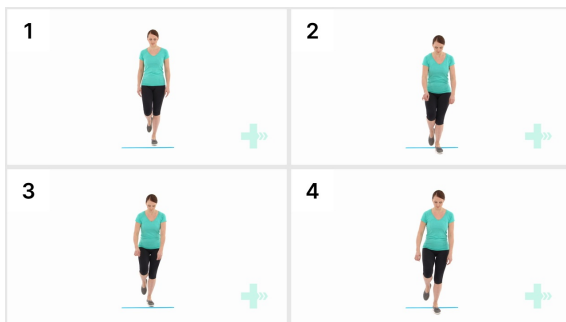
Transfer your weight onto your affected foot and lift your unaffected foot from the floor

Hop sideways over the line landing lightly on your foot as you regain your balance.

Next, hop back over the line and regain your balance.

Repeat

2 Sets / 10 Reps / 1 s hold



2. Hop and hold - forwards and backwards over a line

Stand up straight behind a line on the floor.

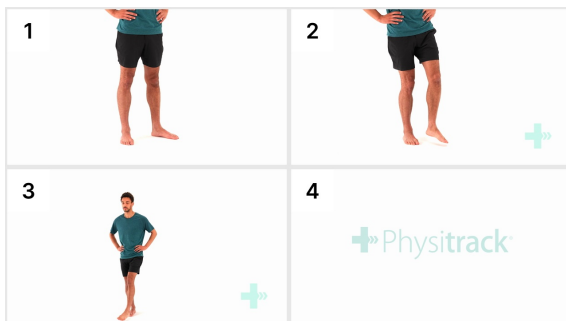
Transfer your weight onto your affected foot and lift your unaffected foot from the floor

Hop forwards over the line landing lightly on your foot as you regain your balance.

Next, hop backwards over the line and regain your balance.

Repeat

2 Sets / 10 Reps



3. Star Excursion Balance

Stand on one leg with hands on your hips.

Squat down a little by bending your knee to assume your start position.

When ready, with your other leg reach as far as possible in each of the following directions lightly touching the floor to the furthest point before returning to the middle position:

- Forwards across your standing leg
- Straight forwards
- Forwards and away from your midline
- Sideways
- Backwards and away from your midline
- Straight back
- Back and behind your standing leg

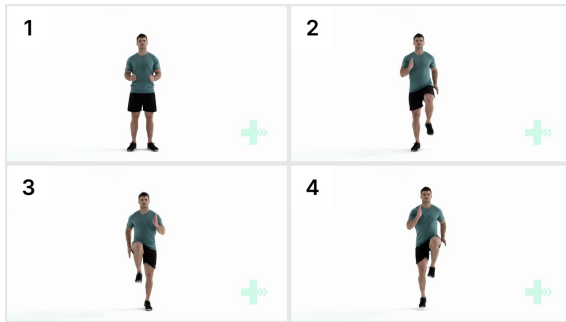
2 Sets / 10 Reps



4. "X" hopping

On your affected leg, make an X pattern.

Hop across, center, up, and across.



5. Pillar skip

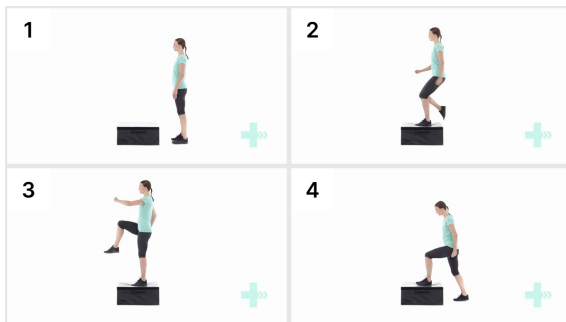
Stand tall with your arms at your sides and elbows bent to 90 degrees.

Lift one knee up while you bring the opposite arm forward and the same-side elbow back.

Skip by driving your foot down to the ground, generating a double foot contact, as your opposite foot and knee lift and your arms exchange positions.

Continue to skip by repeating the movement with the opposite leg.

2 Sets / 10 Reps / 1 s hold



6. Step up with knee raise

Stand up straight with 1 step in front of you.

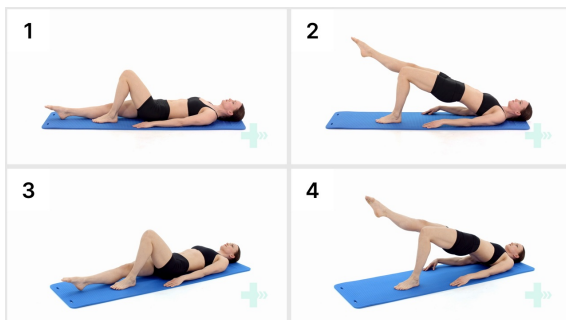
At a moderate to fast pace, step forward onto the step with one leg.

Bring your other leg through and lift your knee up in front of you until your thigh is horizontal.

Hold this position.

Step back to the floor and repeat the movement.

2 Sets / 10 Reps / 3 s hold



7. Bridge single leg

Lie on your back with your legs hip width apart.

Bend the leg you want to strengthen, keeping your foot on the floor.

Your knee and foot should still be in alignment with your hip.

Tighten your abdominal and buttock muscles and lift your hips up off the floor, allowing your straight leg to lift with the movement.

Your thighs should remain level.

Ensure your hips do not drop on the side of your straight leg.

Control the movement as you lower your hips back down to the floor and repeat the movement.