

The White House Physiotherapy + BUPA  
Sheffield  
The White House Clinic  
3 Sandygate Park  
Sheffield, S10 5TZ

2 Sets / 10 Reps / 1 s hold



### 1. SLSq to heel raise

Balance on your symptomatic leg.

Do not allow your legs to rest against each other.

Keeping your balance, bend your stance knee a little, then straighten.

Rise up on to your toes, lifting your heel off the floor, then lower back down to the floor and repeat.

2 Sets / 10 Reps / 1 s hold



### 2. SL bridge

Lie on your back with your legs hips 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.

2 Sets / 10 Reps



### 3. SLSq arabesque

Stand up straight on your affected leg.

Lift your other leg out behind you.

Take your gaze to approximately one stride in front of you.

Ensuring your knee travels directly over your toes, perform a squat on your stance leg.

As you bend your knee, lean your body forward, reaching your hands towards the floor.

Control the movement as you straighten back up again and repeat.

Ensure you hold your elevated leg in a steady position throughout.



#### 4. Side plank with hip abduction

Lie on your side with your legs straight.  
Place your top foot in front of your bottom foot on the floor.  
Lift yourself up on your side using the lower arm with the hand on the floor.  
Your hips will come up off the floor until your body is a straight line from your head to your feet.  
Lift your upper arm directly up so that it is in a vertical position.  
Maintaining control with your body, lift your top leg up and down.  
Do not allow your body to sink or wobble too much.  
Relax and repeat.

2 Sets / 10 Reps



#### 5. SLSq with runners arms

Stand up straight balancing on one leg.  
Keeping your heel on the ground bend your leg ensuring your knee travels directly forwards over your little toe.  
Push your hips back behind you while simultaneously swinging the opposite arm to your stance leg forwards.  
Your other arm should swing back.  
You may need to lean forwards a little.  
Ensure you keep your back straight if you do this.  
Straighten back up fully, and repeat the movement.

2 Sets / 10 Reps



#### 6. Hop to alternate leg

Stand on one leg with your other hip elevated at 90 degrees.  
Spring up off the floor, landing softly on your other leg, and the first leg elevated to 90 degrees.  
Control your balance before you hop back to the initial leg and repeat.