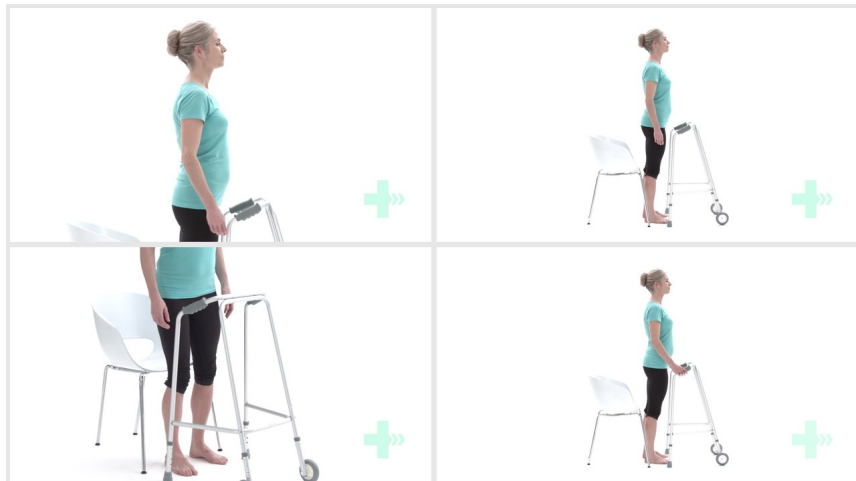


EiWell

1. Mini squats from a frame

2 Sets / 10 Reps



Stand up straight with both hands on the frame and a chair behind you.

Keep your posture upright, and let go of the frame.

Bend your knees, lean forwards and push your hips back behind you as though you are about to sit down.

Half way down, tighten your buttock muscles and stand back up again.

You should not actually sit on the chair.

Keep your gaze directly ahead throughout this movement.

2. Heel raises

2 Sets / 10 Reps



Hold on to a solid object with your legs hips width apart.

Keeping your knees straight, rise up on to your toes, and control the movement as you lower back down.

You can do these at the bar. Remember not to rock backwards.

3. AROM hip extension

2 Sets / 5 Reps



Hold on to a table or work surface and stand straight.

Keep your affected leg straight as you lift it out behind you, then slowly return it to the start position. Make sure you keep your body upright throughout this exercise.

Do this exercise with both legs!

4. Stand hip abduction

2 Sets / 5 Reps / 1 s hold



Stand up straight holding on to a supportive surface.

Keeping your legs straight, slowly take your affected leg out to the side.

Do not allow your body to lean or your pelvis to twist.

Control the movement as you lower your leg back down to the starting position.

Do this exercise with both legs!

5. Timed unsupported standing with feet together on a balance mat

1 Set / 5 Reps / 15 s hold



Stand up straight on a balance mat, close to a sturdy object to hold on to for stability if needed. Your feet should be touching.

Get your balance, keeping the support nearby if you need it.

You could use a stopwatch to time yourself, aiming to increase the length of time with every repetition.

6. Tandem standing with feet in line

1 Set / 3 Reps / 5 s hold



Stand near a chair or table, with one foot in front of the other.

The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Hold this position for as long as directed and then switch feet and repeat.

If this is difficult, move the front foot to the side a little to improve your stability.

Use either the kitchen unit or a solid table to hold on to. At first you might like to ask someone to stand next to you when you practice. Repeat with the other leg in front.