

Cheltenham Podiatry
 1231 Nepean hwy
 Highett
 Melbourne, VIC, 3190

3 Sets / 10 Reps



1. Sliding Reverse Lunge Standing on a Balance Pad with Support

Start by standing on one leg on a balance pad and the other leg on a sliding disc. Slightly bend from the knee and slide the leg on the disc backwards on the floor. Return to the starting position.

Note. Maintain hip-knee-ankle alignment.

3 Sets / 10 Reps



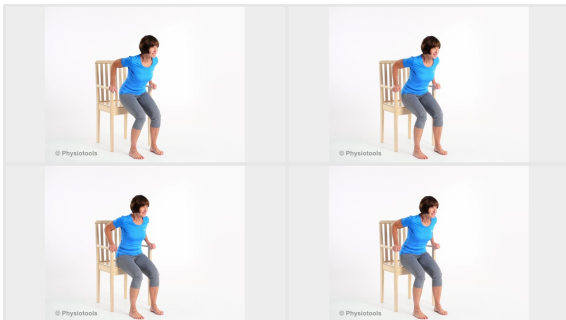
2. Sliding Lateral Lunge Standing on a Balance Pad with Support

Start by standing on one leg on a balance pad and the other leg on a slider. Take support.

Slightly bend from the knee and slide the other foot sideways on the floor. Return to the starting position.

Note. Maintain hip-knee-ankle alignment.

3 Sets / 10 Reps



3. Chair Stands Pushing from the Arm Supports

Start by sitting on a chair with your hands on arm supports and feet flat on the floor.

Helping with your hands push up to standing and fully straighten your hips and knees. In a controlled manner sit back down on the chair helping from the arm supports as much as needed. Feel the muscles in your thighs and buttocks working.

Note. Maintain hip-knee-ankle alignment during sitting down and standing up.

3 Sets / 10 Reps



4. Step Ups with Support

Start by standing in front of a small step. Lift one leg on the step. Take support.

Step up on the step. Straighten your hips and knees. Step back down to the starting position.

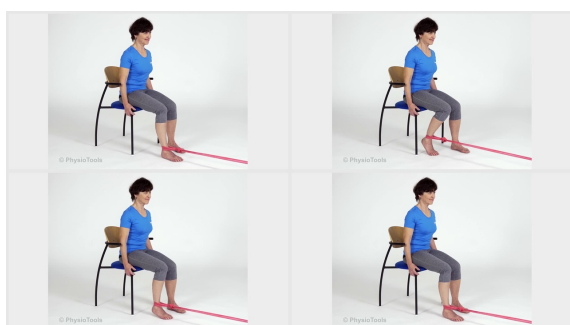
Note. Maintain hip-knee-ankle alignment during step up and step down.



5. Resisted Seated Knee Extension Version 2

Start by sitting on a chair with your feet flat on the floor. An exercise band is secured behind you, for example on the leg of the chair, and around one foot. Straighten the knee against the resistance from the band. In a controlled manner, return to the starting position.

3 Sets / 10 Reps



6. Resisted Knee Flexion in Sitting

Sit up straight on a sturdy chair, so that your feet are supported on the floor. Exercise band is securely attached in front of you, for example on the leg of a table, and around the ankle of the leg you are training.

Bend your knee against the resistance by sliding the foot backwards on the floor. In a controlled manner, return to starting position.

3 Sets / 10 Reps

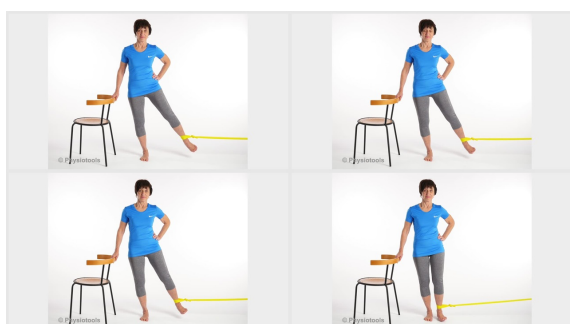


7. Resisted Hip Abduction

Stand with an exercise band firmly attached around one ankle and secured to the other side. Take support if needed.

Keep your pelvis still and use your buttock muscles to lift one leg out to the side (away from the midline). Return to the starting position in a controlled manner.

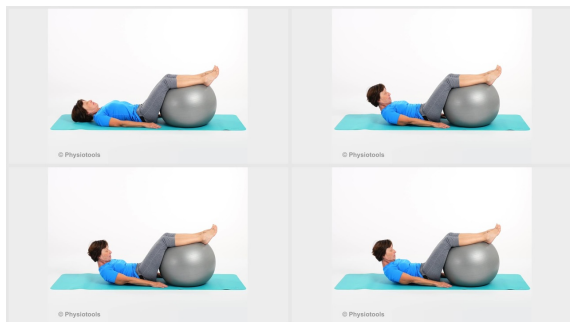
3 Sets / 10 Reps



8. Standing resisted hip adduction

Stand with feet hip-width apart and an exercise band attached around one ankle and secured firmly to the side. Take support if needed.

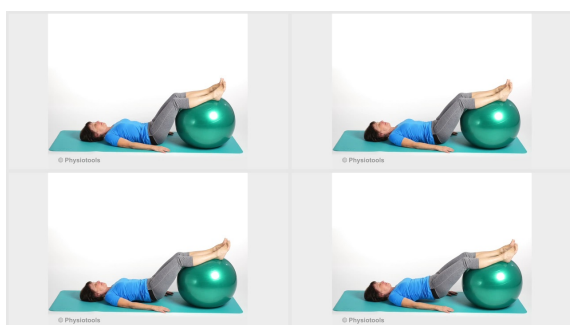
Let the band pull your leg out to the side. Keep your pelvis still and pull the leg back inwards towards the midline. In a controlled manner let the band pull your leg out to the side.



9. Sit Up with Feet on an Exercise Ball V1

Start by lying on your back on the floor with your legs bent and lifted on an exercise ball. Your arms can rest on the floor by your sides.

With your lower back flat on the floor, lift your head and bring your chin towards your chest. Curl from your trunk and lift your shoulders and upper back slightly off the floor. Then return to the starting position.



10. Pelvic Lifts with an Exercise Ball

Lie on your back with your legs straight and feet/lower legs supported on an exercise ball.

Squeeze your buttocks and lift your pelvis. Keep your pelvis level. In a controlled manner return to the starting position.