

Patient:
Nichola roberts

Date:
24th Dec 2023



Box Step Up

Stand facing a box or large step and take a step up with one foot, standing up using the active leg on the box as much as possible. Once upright drive your trailing leg into a high knee position to chest height, once achieved step back with the knee in the air and return to your start position, repeat with your other leg.
If this feel comfortable and you are well balanced you could add hand weights in order to increase the difficulty.

Sets: 3 | Repetitions: 8 | Both sides

Video: <https://youtu.be/VW0GXTpCfZo>



Single Leg Bridge

Lie on your back with one leg flat on the floor and the opposite knee at a 45-degree angle. Raise your hip vertically until fully extended. Hold at the top for one second and slowly lower back down to the starting position to repeat.

Sets: 3 | Repetitions: 8 | Both sides

Video: <https://youtu.be/egs6m4j8u8c>



Bulgarian Split Squat

Place one foot on a chair or bench behind you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg such as glutes. It also provides a strong stretch through the hip flexors and quads of the oppsite side.

Sets: 3 | Repetitions: 8 | Both sides

Video: <http://youtu.be/4OkVrtcvbC0>



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Single Leg RDL

The Romanian dead lift. Standing with your feet shoulder width apart, extend one leg behind you as you bend forwards. Soften your knee slightly, and make sure you keep your back straight (or just slightly arched) throughout the movement. When you reach horizontal, or when you feel the limit of your hamstrings in the standing leg, squeeze glutes and bring yourself back to the start position.

Sets: 3 | Repetitions: 8 | Both sides

Video: <http://youtu.be/txTWXRvdeCA>

Dear Nichola, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on reception@healthflex.co.uk. Good luck and keep with it!

Exercise Diary:



Box Step Up

24. Dec (Week 1)							31. Dec (Week 2)							07. Jan (Week 3)							14. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

21. Jan (Week 5)							28. Jan (Week 6)							04. Feb (Week 7)							11. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



Single Leg Bridge

24. Dec (Week 1)							31. Dec (Week 2)							07. Jan (Week 3)							14. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

21. Jan (Week 5)							28. Jan (Week 6)							04. Feb (Week 7)							11. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



Bulgarian Split Squat

24. Dec (Week 1)							31. Dec (Week 2)							07. Jan (Week 3)							14. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

21. Jan (Week 5)							28. Jan (Week 6)							04. Feb (Week 7)							11. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



Single Leg RDL

24. Dec (Week 1)							31. Dec (Week 2)							07. Jan (Week 3)							14. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

21. Jan (Week 5)							28. Jan (Week 6)							04. Feb (Week 7)							11. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S