

Exercise plan:
PFJ exercises - MODERATE

Patient:
CHCP WEBSITE EXERCISES

Date:
15th Jan 2024

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Supine Bridge Basic



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- 1) Lie flat on your back (floor or bed), with your knees bent like the picture.
- 2) Lift your body upwards, squeeze your bottom muscles to get the hips high. Keep your arms by your side for balance if you need to.
- 3) Hold briefly, then lower the bottom back down.

This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles. It

Sets: 3 | Repetitions: 15 to 30 | Rest: You can have a minute rest halfway through if needed | Days per week: 4 to 7

Video: http://youtu.be/fK_xUE3OKIE

Sit to Stand - No Hands



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- 1) If needed, shuffle to the chair edge. Now, position your feet hip width, and the knees too (by opening the legs from the hips).
- 2) Lean forwards, and push through your legs to standing. Try not to let your knees bow inwards as you stand.
- 3) Sit back down, controlled and steady. Reaching back for the chair with your bottom. Again try not to let your knees bow inwards.

This exercise will strengthen your legs and core. It is good for back pain, hip pain and knee pain, as well as for general fitness because it uses a lot of muscles.

Sets: 3 | Repetitions: 20 to 30 | Rest: You can have a minute rest halfway through if needed | Days per week: 4 to 7

Video: https://youtu.be/2rVOvOU_vmE

Single Leg Balance Standing Unsupported

STRENGTHENING THE LEGS:

- 1) Stand on one leg, and try to keep your balance. It helps to stand with good posture and gently tense your stomach and bottom muscles.
- 2) Be careful and lightly hold on to a wall or table for support when you first start this exercise, but as you feel more confident you can reduce contact and support from the wall or table.
- 3) If it is too easy, throw a small ball to yourself as you balance to make it harder (or an orange etc.).

SET A GOAL: Time yourself and set a target to improve.

A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

Sets: 3 | Repetitions: 5 on each leg | Time: Increase the time you can balance | Days per week: 4 to 7 | Both sides

Video: <https://youtu.be/uoYeEli82f8>



Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

Sets: 3 | Repetitions: 10-15 | Days per week: 4 to 7 | Both sides

Video: <http://youtu.be/EI739ijbGUU>

