

Exercise plan:  
**PFJ exercises - ADVANCED**

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.



### Shoulder Bridge 2

Start position is shoulder bridge level one, with a neutral pelvis and the spine rolled away from the mat. Inhale to prepare, exhale to lift one leg into a table top position with your hip at 90-degrees and knee at 90-degrees. Avoid tilting your pelvis from side to side. Inhale as you replace your leg down, ready to repeat on your opposite leg. Exhale, as you roll your spine down vertebra by vertebra to finish.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6 | Both sides**

Video: <http://youtu.be/r9rgEAB13yM>



### Single Leg Sit-Down Squat

- 1) Sit and lift one leg of the floor out in front of you.
- 2) Now use the other leg to push to standing.
- 3) While still holding the leg up, lower to sit back on the chair.

Do both legs. When you get good at this, try to do more total repetitions. If you are struggling, do this from a taller surface (for example, a taller chair or bed edge)

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6 | Both sides**

Video: <https://youtu.be/xCgEKn5n9CQ>



© rehabmypatient.com

## Single-Leg Stand

Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

**Sets: 3 | Repetitions: 5 | Time: hold for up to 30 seconds | Days per week: 4-6 | Both sides**

Video: <http://youtu.be/hH4aQTBIYo0>



© rehabmypatient.com



## 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: 5-15 | Days per week: 4-6 | Both sides**

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



© rehabmypatient.com



## Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6 | Both sides**

Video: [http://youtu.be/7QR\\_lew1f7Y](http://youtu.be/7QR_lew1f7Y)