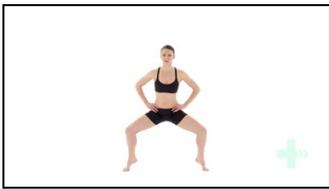




1. Everted calf raises

Start in a neutral position and turn your feet out. From this position, rise up on your toes. Your heels come off the ground. Steadily return to the starting position.

1 rep, 1 set



2. Plié in heel raise

Stand up straight with your legs stride width apart. Turn your feet out, and rise up onto your toes. Keeping your balance in this position, bend your knees and lower down into a squat position. Ensure your knees travel outwards over your toes throughout. Control the movement as you rise back up to the starting position and repeat.

1 rep, 1 set



3. SL toe touches

Stand on your affected leg. Keeping your balance, bend over and touch your toes with your opposite hand. Control the movement as you return to the start position and repeat.

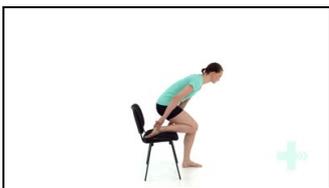
1 rep, 1 set, 1 s hold



4. SLSq eyes closed

Balance on your affected leg, do not allow your legs to rest against each other. Lift your arms out to the side for balance. Close your eyes and hold in this position. Bend and straighten the stance knee. Repeat the movement trying to stay as steady as possible. Open your eyes and return to the neutral position.

1 rep, 1 set



5. Ankle plantar flexion stretch on a chair

Stand up straight with a chair to your affected side. Bend your affected knee and place your lower leg onto the chair. Apply a downward pressure onto your heel with your hand. Feel the stretch over the front of your ankle and into your shin. Hold this position.

1 rep, 1 set, 1 s hold



6. Lunge - with weights

Hold the weights down by your side and step forwards on to the affected leg. Lunge straight down, bending both knees to 90 degrees, dropping your back knee towards the floor. Press back up and repeat this exercise. Make sure your front knee travels directly forwards over your toes.

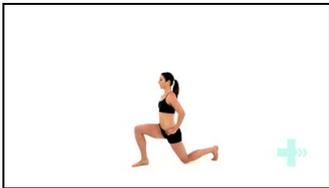
1 rep, 1 set, 2lbs weight



7. Lunge around the clock

Start position is standing upright with the legs one pace apart and the hands in the ready position. Perform a full forward lunge by taking a large pace forward so the thigh of the front leg is perpendicular to the trunk and the rear leg is stretched out with the toes on the floor, keep the trunk upright and the abdominals tight. The body core and lunge stretch position should be maintained for all lunge movements in this exercise, the body remains facing forward throughout. Return back to the starting position and remain facing forward and then using the same leg, repeat the lunge at 45 degrees towards the right, this means the lunge leg is at the 2 o'clock position in relation to the body. Then return to the start position, and repeat with the same leg taking the leg into a rearward lunge to end at a 4 o'clock position. Return back to the starting position and then still facing forward and using the same leg stretch it behind you into a lunge so the leg ends up at the 6 o'clock position and the body is still facing forward. Return to the start position and repeat the sequence for the other leg going in an anti-clockwise rotation. Starting at the 12 o'clock position then moving back through the sequence to the 10 o'clock, 8 o'clock and finally 6 o'clock positions.

1 rep, 1 set



8. Lunge alternate jumping

Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees. Jump up and switch legs, landing back in the opposite lunge. Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.

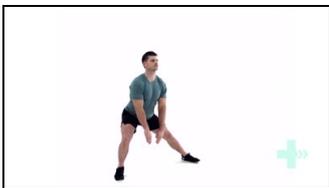
1 rep, 1 set



9. Lunge jump 180°

Start in a standing position. Take a pace forward and bend your knees in to a lunge position. Push through both feet strongly, jumping upwards and turning 180° towards your rear foot, landing in an opposite lunge with your legs bent. Jump upwards from this position, turning back to the original start position to land with your knees bent. Continue on for the required number of repetitions, altering the direction of rotation as you progress.

1 rep, 1 set



10. Lunge lateral

Start Position is standing with the legs slightly bent into a crouch and the arms in the ready position placed in front of the trunk. Stay in the crouch and side step to the side. A slight stretch should be felt in the groin as the trail leg straightens. Stay in the crouch with the trunk upright then bring the trail leg back directly under the body, remaining in the squat position. Perform five of these side-steps in one direction, then stand up to recover for a three seconds and then repeat in the opposite direction using the other leg.

1 rep, 1 set



11. Jump on the spot

Stand up straight with your legs hips width apart. Bend your knees and lean forwards a little, pushing your hips back behind you. Push firmly through the balls of your feet to jump up into the air. Control the movement as you land. The ball of your foot should reach the ground first, then your heels. Bend your ankles and bend your knees.

1 rep, 1 set



12. Jumping forwards and backwards

Stand with your feet together and your knees slightly bent. Jump forwards, landing with both feet together and your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

1 rep, 1 set



13. Jump off step to single leg landing

Stand on a step with your legs hips width apart. Bend at the knees and hips, and spring up into the air. Land softly on your affected leg, ensuring you bend your ankle, knee and hip.

1 rep, 1 set



14. Jump on-off Bosu

Stand up straight with your legs hips width apart. Bend your knees and hips, keeping your back straight as though you are coming down into a squat. Jump up and onto the rounded side of the Bosu, exploding through the balls of your feet, your knees and your buttock muscles. Control the landing by taking the load through the balls of your feet, bending at the ankles, the knees and the hips. Immediately jump back up forward, landing on the floor on the other side of the Bosu. Aim to land back in a squat position with your back straight. Turn around and repeat this sequence, jumping up directly from the squat.

1 rep, 1 set



15. Jump sideways

Stand with your feet hips width apart and your knees slightly bent. Jump to one side, landing with your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

1 rep, 1 set



16. Jumping sideways

Stand with your feet hips width apart and your knees slightly bent. Jump to one side, landing with your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

1 rep, 1 set



17. Hop to alternate leg

Stand on one leg with your other hip elevated at 90 degrees. Spring up off the floor, landing softly on your other leg, and the first leg elevated to 90 degrees. Control your balance before you hop back to the initial leg and repeat.

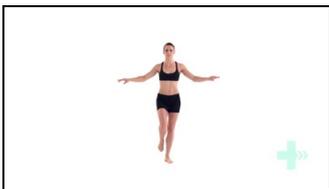
1 rep, 1 set



18. Lateral hopping

Stand tall on one leg with your arms bent to 90 degrees and your forearms raised. Drive your elbows back and drop into a squat by pushing your hips back and bending your knees. Immediately push up off the floor and hop to the side as far as you can. Land softly, stabilise upon landing, and without pausing, hop to the side again. Continue for the remainder of the set and repeat on the opposite side.

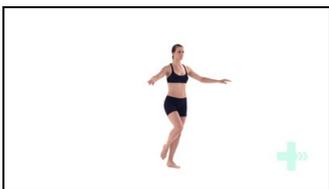
1 rep, 1 set



19. Hop multi-directional

Stand on your affected leg. Spring up high into the air, jumping forwards, and landing softly on the same leg. Repeat the movement by jumping backwards, first to one side and then the other. The balls of your feet should be the first thing to land on the floor, followed by your heel, then a bend of your knee.

1 rep, 1 set



20. Hopping - leg strengthening

Stand on your affected leg and practice hopping, springing high off the floor and landing as gently as you can. The balls of your feet should be the first to land on the floor, followed by your heel, then a bend of the knee.

1 rep, 1 set



21. "X" hops

On your affected leg, make an X pattern. Hop across, center, up, and across.

1 rep, 1 set
