

Unless otherwise instructed, hold the end position of each exercise for a count of 3 and start with 6 repetitions of each exercise (each side of the body where appropriate), repeated twice with a brief rest in between sets. Build up to 3 sets of 10 repetitions.

1. Single leg squats.

If possible, do this in front of a mirror so you can see what your knee is doing and with a slightly lower bench such as a step bench. Don't let the upper body collapse forwards and focus on keeping the knee tracking forwards, not moving inwards or outwards as it bends.

Start without weights and build up to about 15 reps on each leg, aiming for control and balance, not speed. Add weights with dumbbells or a barbell as you improve.



2. Gluteals and hamstrings. The gluteals in particular are essential for maintaining good dynamic stability (when walking and running) in the hip and knee.



3. Gluteus medius and tensor fascia latae. Essential for literally putting the spring into your step by supporting the hip and tensioning the leg as your foot touches the ground.



4. Vastus medialis. The innermost quadriceps muscle, important for ensuring correct tracking of the patella. This muscle is inclined to become 'deactivated' by knee injury and surgery.

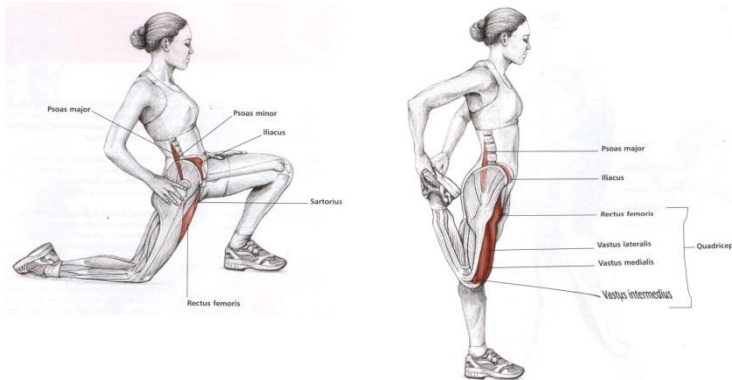


7. Hamstring curls. The hamstrings need to balance the quadriceps which tend to become relatively over-developed. They also have a role in stabilising the hip at the sacro- iliac joint where the spine articulates with the hip.



8. Hip extensor and quadriceps stretches.

For all stretches, aim to hold for 20-30 seconds and repeat twice each side.



9. Ilio-tibial band stretch.



10. Hamstring stretch.

