

3 Sets / 1 Rep / 30 s hold

**1. SLS balance on Bosu**

Place a Bosu ball on the floor on the flat side near a wall so you can hold on for balance if needed.

Stand on your affected leg on the centre of the Bosu, and let go.

Try and balance here for as long as you can.

You can make this exercise more difficult by turning your head, or by closing your eyes.

3 Sets / 15 Reps / 1 s hold

**2. SL calf raise on step**

Stand up straight on a step.

Place the step in front of a wall, or close to a rail for support.

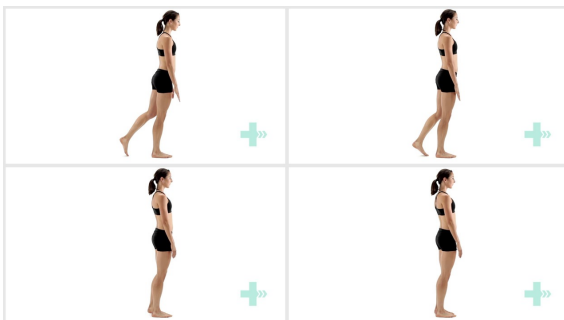
Walk your feet backwards so that your heels hang off the back to the step.

Move your weight onto the leg to be exercised, lifting the foot of your other leg off the step.

Keeping your knee straight, rise up onto the ball of your foot.

Control the movement as you lower your heel back down and repeat the movement.

3 Sets / 10 Reps

**3. SL body hinge**

Stand on your affected leg with the opposite leg extended behind you.

Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg.

Keep your body and leg in line with one another.