



SUPER  **knee**

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Participant Handbook



PRIORITY EXERCISES

EXERCISE 1. QUADRICEPS

FOCUS

- Slow & controlled
- Knees, hips, ankles in line and hips level
- Aim for 2-3 sets of 8-12 repetitions

Feet shoulder width apart. Slowly squat until your buttocks lightly touch the chair/box. Return to standing.

Level 1 – Double leg squat



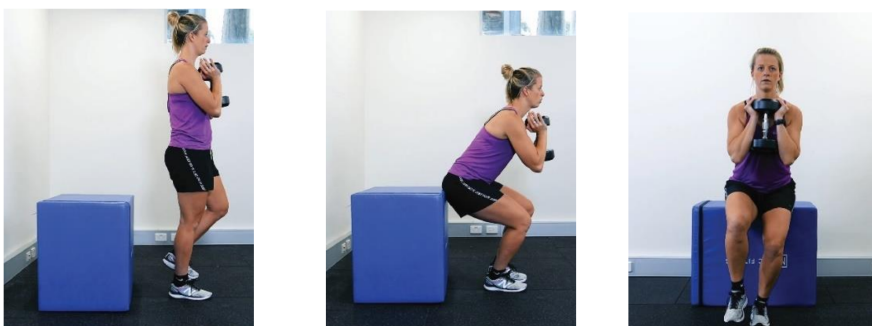
Standing on affected leg, slowly squat until your buttocks lightly touch the chair/box. Return to standing.

Level 2 – Single leg squat



Increase difficulty by holding weights (on your chest, by your side, or barbell on your shoulder blades).

Level 3 – Weighted single leg squat



Level 4 – Power Squats

POWER

- Combines strength and speed
- Vital for everyday activity
- Fast movements at lower weights
- Aim for 1-3 sets of 3-6 repetitions

- POWER: complete squats (double- or single-leg as above) with weight at speed.
- Squat down and up as quickly as possible.
- Power can start from week 4 of program regardless of completing level 3 exercise.


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Exercise 1: QUADRICEPS
HOME/GYM RECORD

* Put a line through a session if exercise not completed in that session or missed a session

		Level (circle)	Aim RPE	Actual RPE	Kilos used	Number of sets	Number of reps
Week 1 – date: _____	Home/gym session	1 2 3 4	5/10				
	Extra session	1 2 3 4	5				
Week 2 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 3 – date: _____	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 4 – date: _____	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 5 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 6 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 7 – date: _____	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 8 – date: _____	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 9 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 10 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 11 – date: _____	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 12 – date: _____	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 13 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 14 – date: _____	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 15 – date: _____	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 16 – date: _____	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				

RPE= Rating of Perceived Exertion (0=rest, 10=working as hard as possible)

EXERCISE 1b. QUADRICEPS VARIATIONS

(extra options usually after 4 weeks of the program but based on you and your physio's preferences)

VARIETY

- Varying your workouts can help you push past a plateau
- Challenge your muscles, force them to adapt and strengthen
- Aim for 2-3 sets of 8-12 repetitions

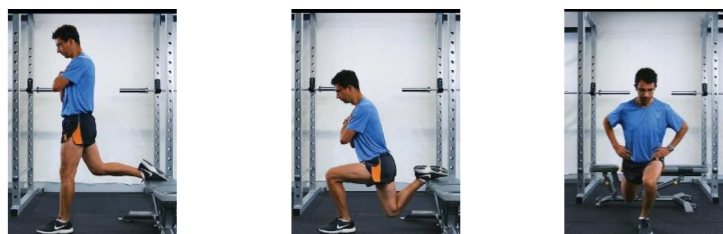
Option 1: Weighted double leg squat

Use a barbell with weights resting on your shoulder blades. Slowly squat to ~90° knee bend. Return to standing.



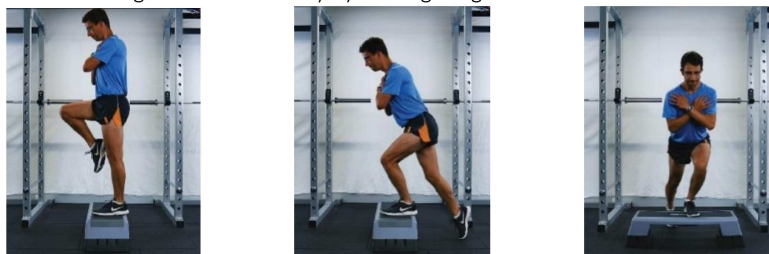
Option 2: Bulgarian split squat (hold weights for variability)

Place back foot on a step/chair. Slowly lunge down with most of your weight on your front leg. Keep your shin vertical and back upright. Hold weights to increase difficulty/variability.



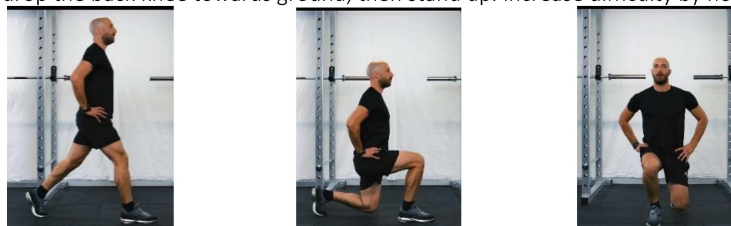
Option 3: Step ups/downs

Stand on the edge of a step, step down to lightly touch the floor behind you (or in front of you) and then straighten knee and return to standing. Increase difficulty by holding weights.



Option 4: Lunge

Step back and drop the back knee towards ground, then stand up. Increase difficulty by holding weights.



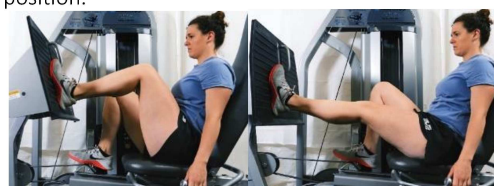
Option 5: Wall squat

Slide down until your knees are bent to 90°. Then return to the starting position. (Increase difficulty by holding weights or doing it on one leg.)



Option 6 – Single leg press

With your knee bent to 90°, push the footplate away by extending your knee (stop before locking it straight). Slowly control your knee to return to the starting position.





Exercise 1b: QUADRICEPS VARIATIONS

HOME/GYM RECORD

* Integrate after 4 weeks of the program + based on you and your physio's preferences

		Exercise (circle)	Aim RPE	Actual RPE	Kilos	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4 5 6	5/10				
	Extra session	1 2 3 4 5 6	5				
Week 2	Home/gym session	1 2 3 4 5 6	7				
	Extra session	1 2 3 4 5 6	7				
Week 3	Home/gym session	1 2 3 4 5 6	9				
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	Extra session	1 2 3 4 5 6	9				
Week 12	Home/gym session	1 2 3 4 5 6	5				
	Extra session	1 2 3 4 5 6	5				
Week 13	Home/gym session	1 2 3 4 5 6	7				
	Extra session	1 2 3 4 5 6	7				
Week 14	Home/gym session	1 2 3 4 5 6	7				
	Extra session	1 2 3 4 5 6	7				
Week 15	Home/gym session	1 2 3 4 5 6	9				
	Extra session	1 2 3 4 5 6	9				
Week 16	Home/gym session	1 2 3 4 5 6	9				
	Extra session	1 2 3 4 5 6	9				

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EXERCISE 2. KNEE EXTENSION

PAIN

- Keep pain below 3/10 when exercising and pain should settle by the next day
- Pain is OK - you can be sore but safe as pain doesn't always equal damage
- Aim for 2-3 sets of 8-12 repetitions

- Knee extension machine: straighten knee against resistance, hold for 40-60 seconds then slowly return to the starting position.
- Resistance band: straighten knee against the resistance of resistance band, hold for 40-60 seconds then slowly return to the starting position.
- Cable machine: straighten knee against resistance, hold for 40-60 seconds then slowly return to the starting position.

**IF PAIN IS GREATER THAN 3/10 THEN YOU CAN TRY DIFFERENT KNEE ANGLES WITH GUIDANCE FROM YOUR PHYSIO*

Level 1 – Knee extension holds



Fully straighten your knee slowly against resistance (using knee extension machine, resistance band or cable machine) and then slowly return to the starting position.

Level 2 – Knee extension



Level 3 Power – Knee extension

POWER

- Combines strength and speed
- Vital for everyday activity
- Fast movements at lower weights
- Aim for 1-3 sets of 3-6 repetitions

- Using either knee extension machine, resistance band or cable machine.
- Set the weight approximately 60-70% lighter than your last strength session.
- Complete same exercise as Level 2 but faster (aim for less than 1 sec to straighten the knee).
- Slowly bend the knee back to the starting position.
- Start power from week 4 of your program.


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Exercise 2: KNEE EXTENSION
HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos on affected leg	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3	5/10				
	Extra session	1 2 3	5				
Week 2	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 3	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 4	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 5	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 6	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 7	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 8	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 9	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 10	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
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	Extra session	1 2 3	9				
Week 12	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
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	Extra session	1 2 3	7				
Week 14	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 15	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 16	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				

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EXERCISE 3. PLYOMETRIC POWER (JUMPING/HOPPING)

FOCUS

- Soft landing bend through hips and knees to absorb load
- Alignment: knees, hips, ankles, torso in line, hips level
- **Begin with 10 repetitions and progress with guidance from your physio**

Jump as high as possible landing softly bending at the hips and knees. Keep good alignment. Progress to jumping forwards as far as possible and jumping side to side.

Level 1 – Double leg forward jump



Level 2 – Single leg hop

Hop forward on one leg landing softly bending at your hips and knees. Keep good alignment. Increase distance/speed.



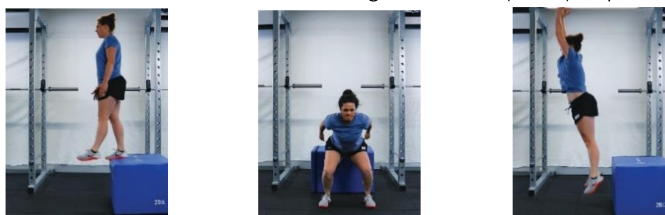
Level 3 – Single leg side hop

Hop side-to-side on one leg landing softly on the same leg bending at your hips and knees. Increase side-to-side distance.



Level 4 – Drop jumps double leg

Standing on a box, jump down landing softly on both feet and immediately jump up as high as you can. Increase height of box or hold weights to make harder. The size of the box can range from small (20cm) step to large (40-50cm as pictured).



Level 5 – Drop jumps single leg

Stand on a box/step jump down and land softly on one leg and immediately hop up as high as you can



Level 6 – Sport specific

Discuss with your physio regarding sports-specific jumping exercises based on the sport or activities you wish to do.

- Examples:
- cutting upon hop landing
 - obstacles to hop over
 - replicate light sport physical contact
 - sport-specific skill performance
 - non-contact training drills (cutting around opponent)
 - multi-directional and unanticipated exercises
 - accelerate/decelerate



Exercise 3: PLYOMETRICS (JUMPING/HOPPING)

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4 5 6	5/10			
	Extra session	1 2 3 4 5 6	5			
Week 2	Home/gym session	1 2 3 4 5 6	7			
	Extra session	1 2 3 4 5 6	7			
Week 3	Home/gym session	1 2 3 4 5 6	9			
	Extra session	1 2 3 4 5 6	9			
Week 4	Home/gym session	1 2 3 4 5 6	5			
	Extra session	1 2 3 4 5 6	5			
Week 5	Home/gym session	1 2 3 4 5 6	7			
	Extra session	1 2 3 4 5 6	7			
Week 6	Home/gym session	1 2 3 4 5 6	7			
	Extra session	1 2 3 4 5 6	7			
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	Extra session	1 2 3 4 5 6	9			
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	Extra session	1 2 3 4 5 6	7			
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	Extra session	1 2 3 4 5 6	7			
Week 15	Home/gym session	1 2 3 4 5 6	9			
	Extra session	1 2 3 4 5 6	9			
Week 16	Home/gym session	1 2 3 4 5 6	9			
	Extra session	1 2 3 4 5 6	9			

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EXERCISE 4. BALANCE/AGILITY

FOCUS

- Get low and balanced ready for change of direction
- Knees, hips, ankles in line and hips level

Level 1 – Arabesques

Standing on one leg (knee slightly bent), slowly bend forward from your hip, reaching out making a straight line from your foot to your hands. Hold 5 secs.



Level 2 – Clock Face

Standing on one leg (knee slightly bent) reach out to the imaginary numbers on a clock face (12, 3, 6, 9). Maintain balance without touching the ground. Return to upright position before reaching out again. Increase difficulty by reaching further (use a marker to guide). Begin with 3-5 repetitions in each direction.



Level 3 – Clock face unstable surface

Repeat Level 2 exercise but this time stand on an unstable surface (e.g. wobble board, bosu ball, foam). Begin with 3-5 repetitions in each direction and progress with guidance from your physiotherapist.



Level 4 – Clock face agility

Run towards the clockface, plant your foot in the centre of the clock and change direction to run along that line (start at 45°). Progress the exercise by increasing the angle - change of direction (90°, 135°, 180°). Begin with 3 repetitions in each direction and progress with guidance from your physiotherapist.



Level 5 – Multi-directional agility

In an area with at least 20m space, set up as detailed below in diagrams and complete 5 x each as fast as possible. Your physiotherapist will set this up. Should include forward, backward, and side running.



Exercise 4: BALANCE/AGILITY

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4 5	5/10			
	Extra session	1 2 3 4 5	5			
Week 2	Home/gym session	1 2 3 4 5	7			
	Extra session	1 2 3 4 5	7			
Week 3	Home/gym session	1 2 3 4 5	9			
	Extra session	1 2 3 4 5	9			
Week 4	Home/gym session	1 2 3 4 5	5			
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	Extra session	1 2 3 4 5	9			
Week 16	Home/gym session	1 2 3 4 5	9			
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EXERCISE 5. HAMSTRINGS

FOCUS

- Strength in the hamstrings is vital to support overall knee control
- **Complete sets of 2-3 and 8-12 repetitions (unless otherwise stated)**

Level 1 – Double leg elevated bridge

Squeeze buttock muscles (glutes) to lift into the bridge position. Hold for 2 secs and slowly lower back to the ground.



Level 2 – Single leg elevated bridge

Use one leg, squeeze buttocks and lift up into the bridge position. Hold for 2 secs and slowly lower back to the ground.



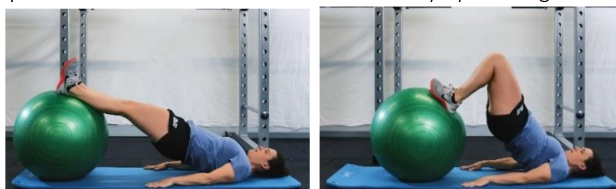
Level 3 – Single leg hamstring curl

Bend your knee pulling the resistance bar/band as far as you can to your hips, slowly return to the starting position. Increase difficulty by increasing weight on machine or tension in the resistance band (shorter/change band colour).



Level 4 – Hamstring curl swiss ball

Heels on swiss ball. Lift hips off floor. Roll swiss ball towards and away by bending knees. Progress using only one leg.



Level 5 – Nordic curl

Kneeling with object/partner keeping heels on ground. Keeping your back straight, lower your chest forwards until you can't hold yourself up, use your hands to break your fall. Return to starting position with your hands (not leg muscles!). Begin with 5 repetitions, 2 sets and progress with guidance from your physiotherapist.



Level 6 – Power elevated bridge

POWER

- Combines strength and speed
- Vital for everyday activity
- Fast movements at lower weights
- **Aim for 1-3 sets of 3-6 repetitions**

- Level 1, 2 or 3 exercise with aim for 1 sec to bend the knee or lift the pelvis and slowly return.
- If using hamstring curl machine set weight approx. 60-70% lighter than your last strength session.
- Start power from week 4 of program.


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Exercise 5: HAMSTRINGS
HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos on affected leg	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4 5 6	5/10				
	Extra session	1 2 3 4 5 6	5				
Week 2	Home/gym session	1 2 3 4 5 6	7				
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ADDITIONAL EXERCISES



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ADDITIONAL EXERCISES

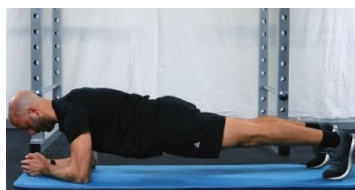
SUPER **K**nee

ADDITIONAL EXERCISES

EXERCISE 6. TRUNK/CORE STRENGTH

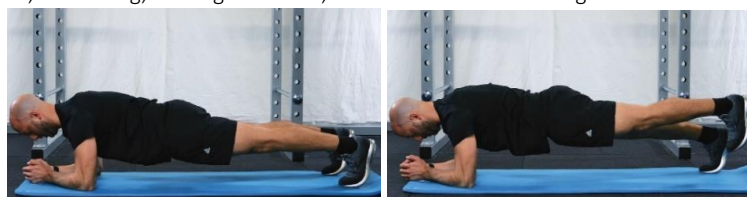
Level 1 – Front plank

Plank position, contract core muscles maintaining a straight line from ankle to head (30-60 secs)



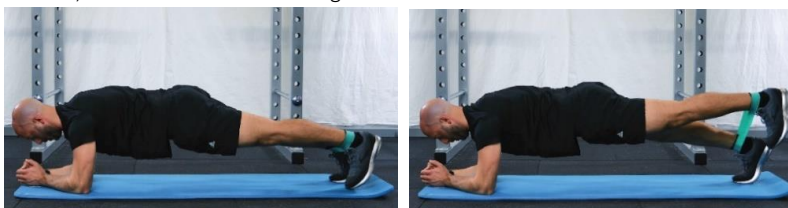
Level 2 – Front plank lift

Plank position, lift one leg, holding for 2 secs, and alternate between legs for 30-60 secs.



Level 3 – Front plank lift (resistance band)

Place resistance band around ankles. Move into plank position. Lift one leg stretching resistance band, holding for 2 secs, and alternate between legs for 30-60 secs.



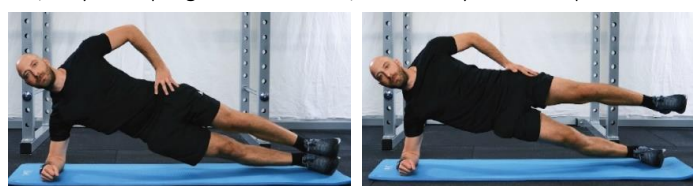
Level 4 – Side plank

Side plank position, keeping body in a straight line. Hold for 30 secs.



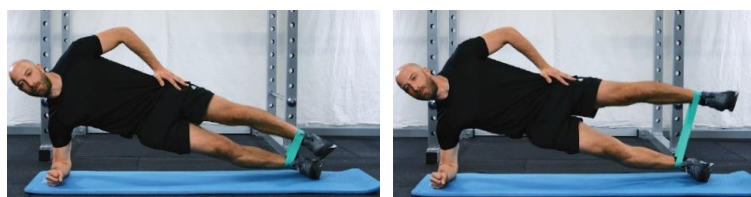
Level 5 – Side plank lift

Side plank position, lift your top leg. Hold for 2 secs, then slowly return. Repeat for 30-60 secs.



Level 6 – Side plank lift (resistance band)

Side plank position. Resistance band around ankles. Lift the top leg up stretching the resistance band and lower. Repeat for 30-60 secs.





ADDITIONAL EXERCISES

SUPER **K**nee

Exercise 6: TRUNK/CORE STRENGTH

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4 5 6	5/10				
	Extra session	1 2 3 4 5 6	5				
Week 2	Home/gym session	1 2 3 4 5 6	7				
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Week 16	Home/gym session	1 2 3 4 5 6	9				
	Extra session	1 2 3 4 5 6	9				

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EXERCISE 7. HIP ABDUCTION (OUTER THIGH)**Level 1 – Standing hip abduction with resistance band**

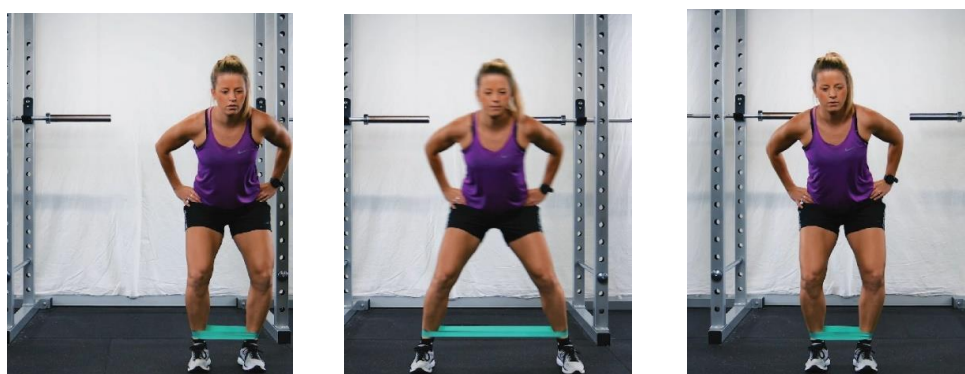
Move your leg straight out to the side, tightening the resistance band. Slowly return to starting position. Increase difficulty by increasing resistance band strength with a different colour (your physiotherapist can help you with this). Aim 2-3 sets of 8-12.

**Level 2 – Standing hip abduction with cable**

Move your leg straight out to the side against cable resistance, slowly return to starting position. Aim 2-3 sets of 8-12.



In squat position (hip/knee slightly flexed) walk sideways (20 steps each way) keeping your upper body straight and tension in the resistance band. Increase difficulty by moving band to forefoot or increasing resistance.

Level 3 – Crab walk



ADDITIONAL EXERCISES

SUPERKnee

Exercise 7: HIP ABDUCTION (OUTER THIGH)

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos on affected leg	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3	5/10				
	Extra session	1 2 3	5				
Week 2	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 3	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 4	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 5	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 6	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 7	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 8	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 9	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 10	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 11	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 12	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 13	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 14	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 15	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 16	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				

RPE= Rating of Perceived Exertion (0=rest, 10=working as hard as possible)



ADDITIONAL EXERCISES



EXERCISE 8. HIP ADDUCTION (INNER THIGH)

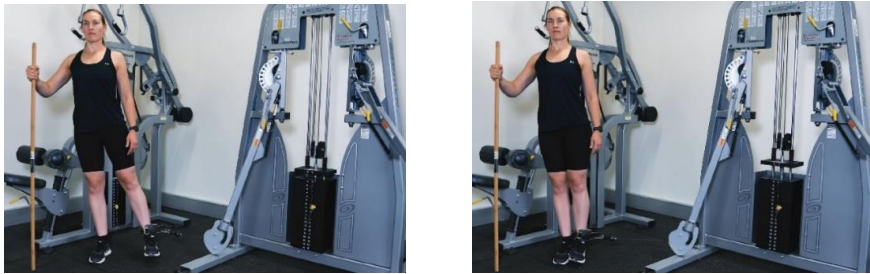
Level 1 – Hip adduction with resistance band

Standing maintaining good alignment, move your leg toward your body, tightening resistance band and slowly return to the starting position. Aim 2-3 sets of 8-12.



Level 2 – Hip adduction with cable

Standing maintaining good alignment, move your leg toward your body and slowly return to the starting position. Aim 2-3 sets of 8-12.



Level 3 – Groin plank - knee

Side plank position with upper leg (knee) on chair, slowly lift and lower your bottom leg to the under surface of the chair. Aim 1-3 sets of 8-12.



Level 4 – Groin plank ankle

Side plank position with upper leg (foot) on chair, slowly lift and lower your bottom leg to the under surface of the chair. Aim 1-3 sets of 8-12.





ADDITIONAL EXERCISES

SUPERKnee

Exercise 8: HIP ADDUCTION (INNER THIGH)

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos on affected leg	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3 4	5/10				
	Extra session	1 2 3 4	5				
Week 2	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 3	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 4	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 5	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 6	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 7	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 8	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 9	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 10	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 11	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 12	Home/gym session	1 2 3 4	5				
	Extra session	1 2 3 4	5				
Week 13	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 14	Home/gym session	1 2 3 4	7				
	Extra session	1 2 3 4	7				
Week 15	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				
Week 16	Home/gym session	1 2 3 4	9				
	Extra session	1 2 3 4	9				

RPE= Rating of Perceived Exertion (0=rest, 10=working as hard as possible)

EXERCISE 9. CALF

On two legs standing on the edge of a step, raise up onto your toes and then lower both heels back down below the step. Only light support with hands to maintain balance. Aim 2-3 sets of 8-12.

Level 1 – Double leg calf raises



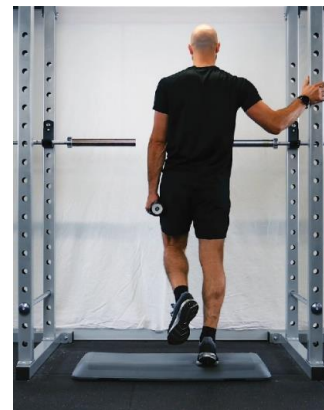
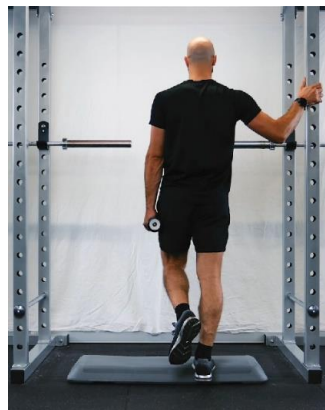
On one leg standing on the edge of a step, raise up onto your toe and then lower heel back down below the step. Only light support with hands to maintain balance. Aim 2-3 sets of 8-12.

Level 2 – Single leg calf raises



Same exercise as Level 2 but add a weight in your opposite hand to make the exercise harder. Aim 2-3 sets of 8-12.

Level 3 – Weighted single leg calf raises





ADDITIONAL EXERCISES

SUPER **K**nee

Exercise 9: CALF

HOME/GYM RECORD

		Level (circle)	Aim RPE	Actual RPE	Kilos	Number of sets	Number of reps
Week 1	Home/gym session	1 2 3	5/10				
	Extra session	1 2 3	5				
Week 2	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 3	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 4	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 5	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 6	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 7	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 8	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 9	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 10	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 11	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 12	Home/gym session	1 2 3	5				
	Extra session	1 2 3	5				
Week 13	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 14	Home/gym session	1 2 3	7				
	Extra session	1 2 3	7				
Week 15	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				
Week 16	Home/gym session	1 2 3	9				
	Extra session	1 2 3	9				

RPE= Rating of Perceived Exertion (0=rest, 10=working as hard as possible)