

TASK 1: SINGLE LEG STRENGTH/ENDURANCE		Description of Exercise	Physiotherapy Comments/Log	
<b>Phase 1</b>	Bilateral Sit to Stand		Session ( ): Date: Phase: Assessment:	
	Progress 30 – 90deg			
<b>Dosage</b>	3 x 15 – 30			
Reassess	PASS = 40 reps to 90 degrees, speed 45bpm, functional alignment #1			
<b>Phase 2</b>	One leg rise (other foot touching out in front)			Session ( ): Date: Phase: Assessment:
	Progress 30 – 90deg			
<b>Dosage</b>	3 x 15 - 30 each leg			
Reassess	PASS = 40 reps to 90 degrees, speed 45bpm, functional alignment #1			
<b>Phase 3</b>	OLR (no foot touching)	Session ( ): Date: Phase: Assessment:		
	Progress 30 – 90deg			
	Progress to touching plinth, to barely			
<b>Dosage</b>	3 x 15 - 30 each leg			
Reassess	PASS = 40 reps to 90 degrees, speed 45bpm, functional alignment #1			
<b>Phase 4</b>	Single Leg Squats (SLS)		Session ( ): Date: Phase: Assessment:	
	Progress 30 – 60deg body weight (BW)			
	Progress to with weight (15% BW)			
<b>Dosage</b>	3 x 15 - 30 each leg			
Reassess	PASS = x 15 SLS to 60 degrees with 15% BW with passing the functional alignment criteria#1	Session ( ): Date: Phase: Assessment:		
		Session ( ): Date: Phase: Assessment		