Below are some exercises/videos which may help:

Ankle and foot strengthening - [https://www.youtube.com/watch?v=dcH44rEnGe0](https://www.youtube.com/watch?v=dch44renge0)<https://www.physioadvisor.com.au/exercises/strengthening-joints/ankle/>[http://www.thera-bandacademy.com/tba-exercise-program/Thera-Band-Ankle-Exercises](http://www.thera-bandacademy.com/tba-exercise-program/thera-band-ankle-exercises)[https://www.youtube.com/watch?v=parkHlb4pl0](https://www.youtube.com/watch?v=parkhlb4pl0)

Knee tracking correction - [https://www.youtube.com/watch?v=piMtB3sOh5s](https://www.youtube.com/watch?v=pimtb3soh5s)<http://www.knee-pain-explained.com/knee-cap-exercises.html>

Gluteus Medius Fire Hydrant strengthening - [https://www.youtube.com/watch?v=CNxBgYhPCKM](https://www.youtube.com/watch?v=cnxbgyhpckm)