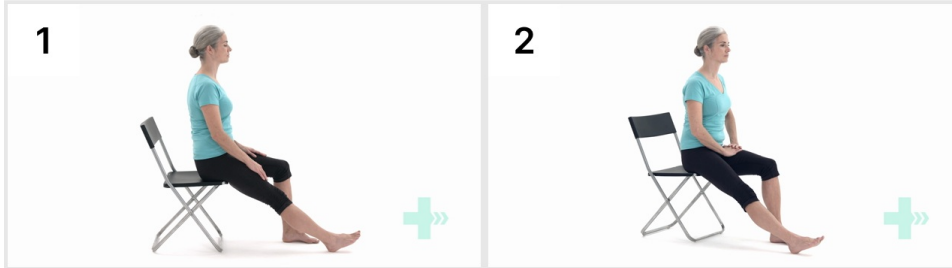


1. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

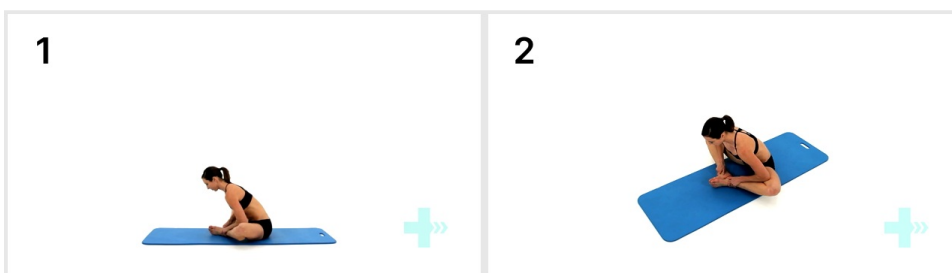
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

2. "Butterfly" Hip adductors stretch (bilateral), sitting

2 Sets • 3 Reps • 30 s hold

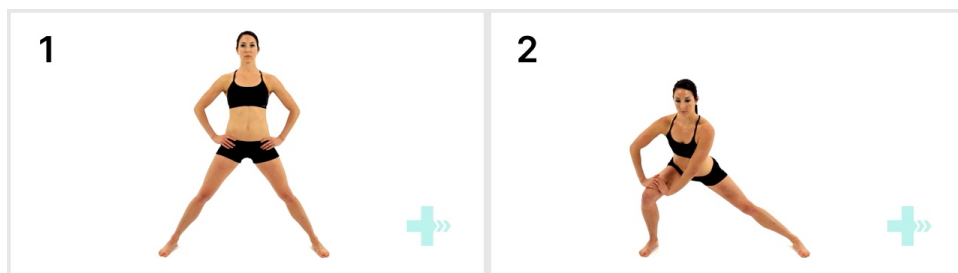


Sit down on the mat with the soles of your feet together, and drop your knees out to the side.

Press your knees towards the floor with your elbows, increasing the stretch in your inner thigh.

3. "Standing straddle" Hip adductors stretch to side

2 Sets • 3 Reps • 30 s hold



Stand with your feet a large stride apart and toes pointing forwards.

Lean to one side and bend this knee, resting your hands on your knee for stability.

Keep your heels flat on the floor and the other leg straight as you feel this stretch through the inner thigh.