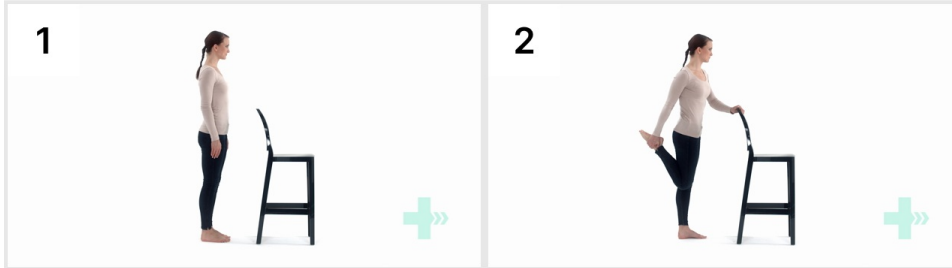

1. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

2. Iliopsoas stretch, hands behind head, half kneeling

2 Sets • 3 Reps • 30 s hold



Kneel down on your affected leg and stride the other one out in front.

There should be a large space between both legs.

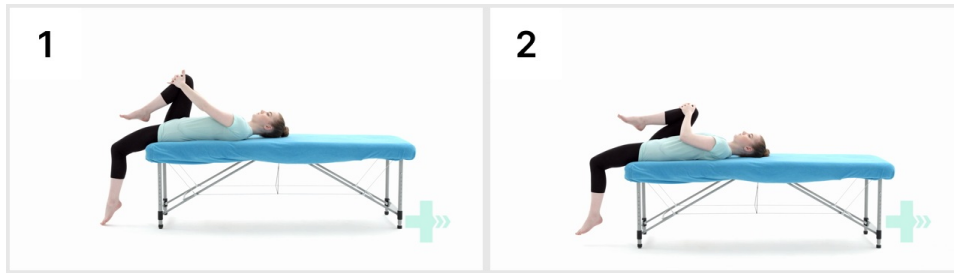
Push your hips forward and clasp your hands behind your head while you push your hips forward.

Make sure you keep your chest up.

You should feel this stretch through the front of the hip.

3. Iliopsoas stretch, opposite leg flexed, supine; 02

2 Sets • 3 Reps • 30 s hold



Lie on your back at end of the bed.

Pull your unaffected knee in towards your chest.

The leg to be stretched should hang over the edge of the bed.

Ensure your back is flat down on the bed.

You should feel the stretch at the front of your hip and thigh.

Hold this position.