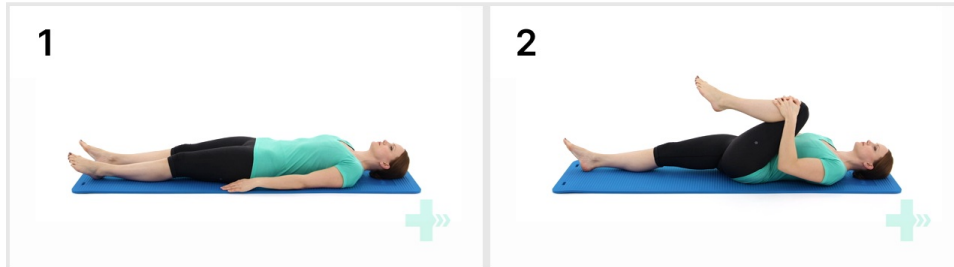

1. "Knee hugs" Hip/lumbar extensors stretch, single leg, supine

3 Sets • 1 Rep • 30 s hold



Lie on your back with both legs straight.

Bring one knee in towards your chest, using your arms on your shin to help with the movement.

At the point where you feel a stretch, hold this position.

2. Hip abductors iliotibial band stretch, legs crossed, standing; 01

3 Sets • 1 Rep • 30 s hold



Stand up straight close to a supportive surface.

Cross the leg to be stretched behind the other leg.

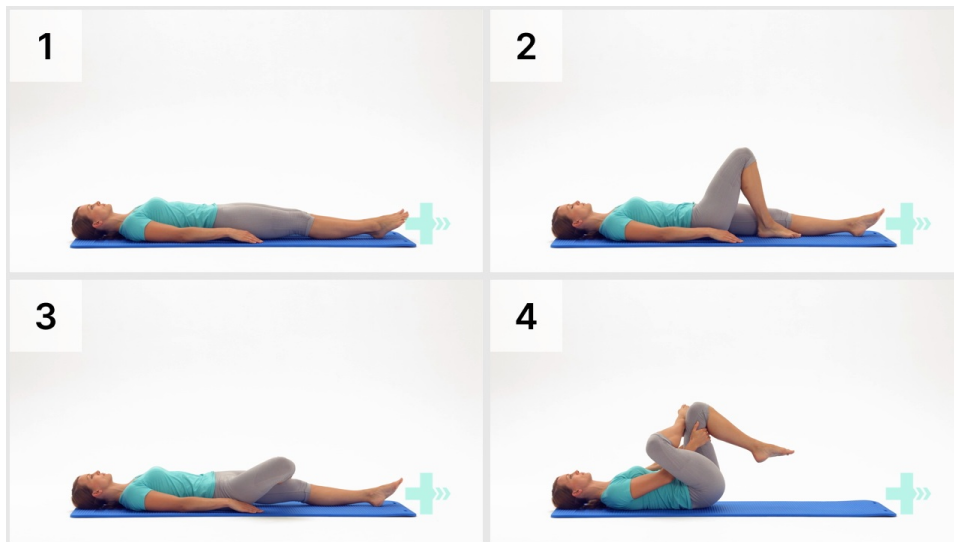
Bending from the hip, lean your body away from the leg you are stretching.

Push your hips forwards whilst you do this stretch.

The stretch should be felt on the outer hip and thigh.

3. "Figure 4" Piriformis/gluteals stretch, supine

2 Sets • 1 Rep • 30 s hold



Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

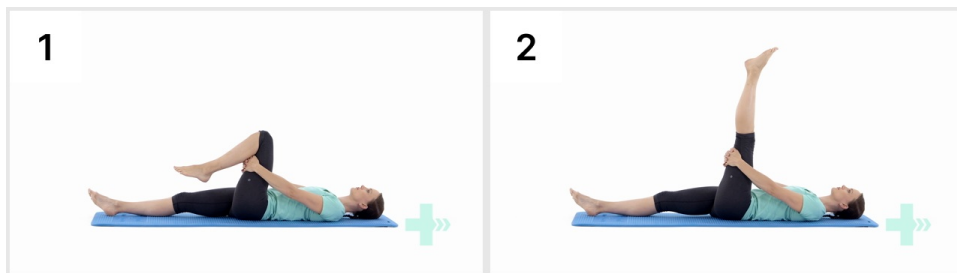
To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.

4. Hamstring stretch, straightening leg to ceiling, supine

2 Sets • 1 Rep • 30 s hold



Lie on your back with both of your legs straight.

Bend the leg that you would like to stretch and bring your knee in towards your chest.

Clasp your hands together behind your thigh.

Allow your thigh to rest in your hands with your arms straightened.

Keeping your upper body relaxed, slowly straighten your knee, bringing your foot up towards the ceiling.

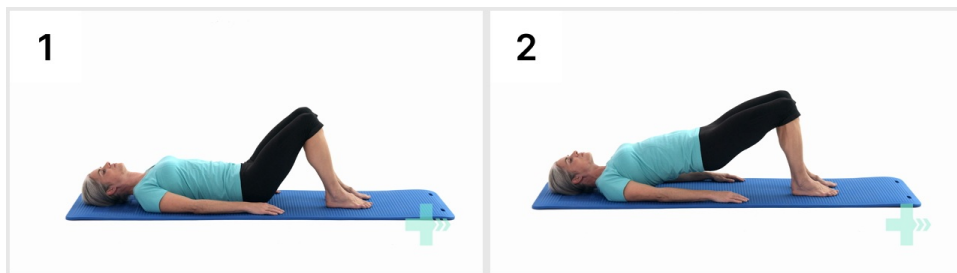
Hold the position when you feel a stretch at the back of your thigh.

To ease off the stretch, bend your knee again.

Repeat.

5. "Bridge" Core/gluteals strengthening, with pelvic tilt

2 Sets • 10 Reps • 5 s hold



Bridging strengthens your buttocks and your leg muscles.

Lie on your back with your knees bent and your feet flat on the floor.

Gently tilt your pelvis, as if you are imprinting your lower back into the floor.

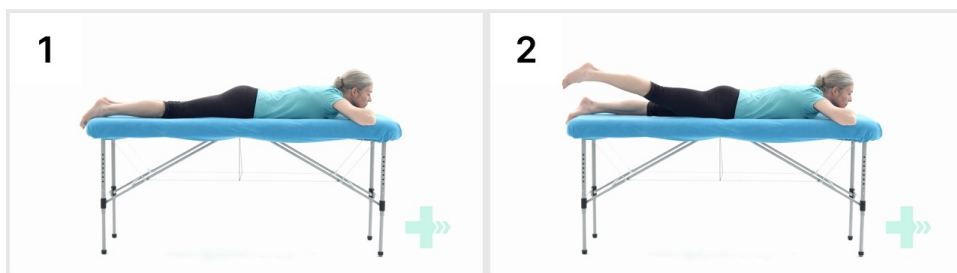
Now, lift your hips up into the air, while still holding your pelvis level.

Hold in the bridge position before you then lower, keeping your tummy drawn in, and slowly lower your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.

6. Hip extension strengthening, leg straight, prone

2 Sets • 10 Reps • 5 s hold



Lie on your front with your head relaxed.

Keeping your knee straight, tighten your buttock muscle and lift your leg up.

Hold this position, ensuring the effort of the exercise comes from your buttock muscle.

Gently lower your leg back down before you repeat.