

1. "Quad sets" Knee terminal extension strengthening, ankle flexed, towel under knee, supine

2 Sets • 10 Reps • 10 s hold



Lie on your back with your resting leg bent.

Place a rolled towel under the knee of your affected leg.

Pull your toes on your exercising leg towards you.

Clench your thigh muscles, pushing the back of your knee into the towel.

You should feel your thigh muscles tighten.

Hold this position, relax and then repeat.

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.

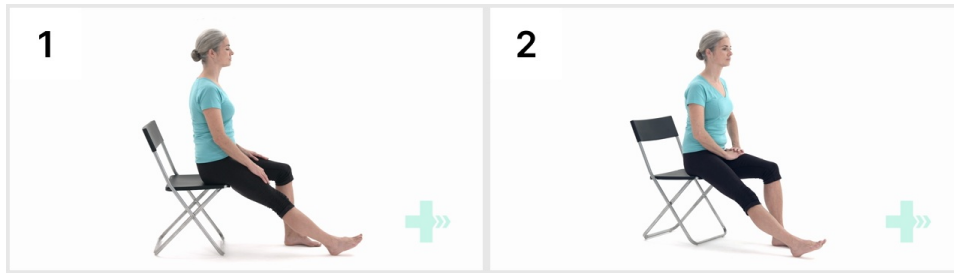
Bending from the hip, lean your body away from the leg you are stretching.

Push your hips forwards whilst you do this stretch.

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

3. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

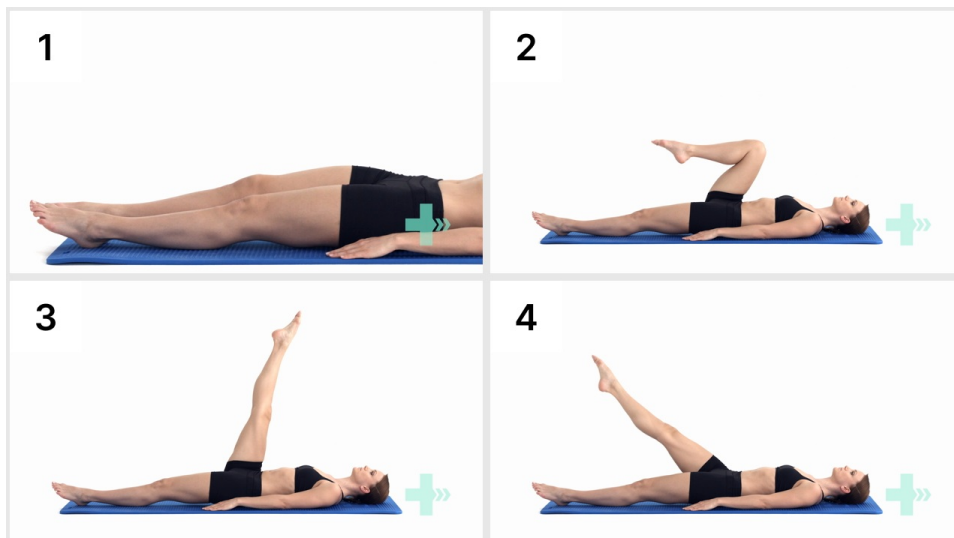
Straighten your knee, keeping your foot on the floor.

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

Hold and then relax.

4. "Straight leg raise" Core/quadriceps strengthening eccentric, supine

3 Sets • 10 Reps • 5 s hold



Lie on your back with your legs straight and your abdominals tight.

Bend your knee and bring it in towards your chest.

Straighten out your leg and return to the starting position.