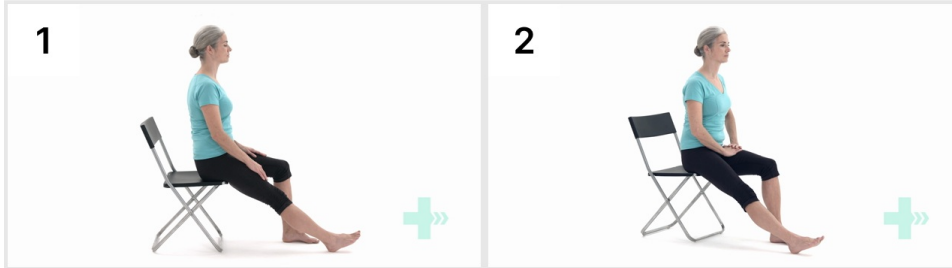


1. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

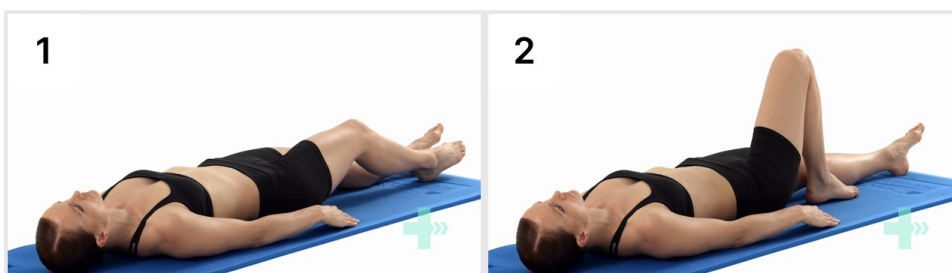
Straighten your knee, keeping your foot on the floor.

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. "Heel slides" Hip/knee flexion/extension AROM, supine; 01

1 Set • 1 Rep • 1 s hold



Lie on your back with your legs straight.

Slide your affected foot in towards your bottom, bending your hip and knee.

Keep your knee pointing to the ceiling and then slowly lower back to the start position.

Relax and repeat.

3. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



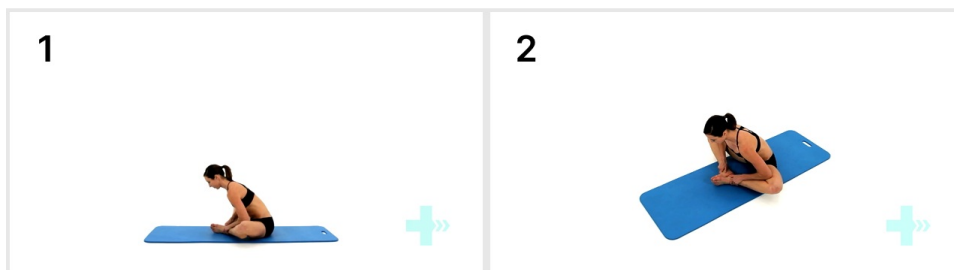
Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

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.

4. "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.