

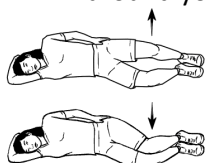
Supine hip extension

- Lying on your back and keeping your knee straight, lift one heel 10cm off the floor.
- Slowly lower it down over 10 seconds.
- Perform 3 sets of 10 repetitions each side.



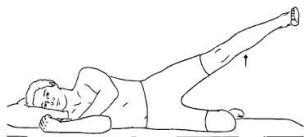
Clam Shells

- Lying on your side with your knees slightly bent.
- Separate your knees whilst keeping your ankles together.
- Slowly lower your knee to the starting position over 5 seconds.
- Perform 3 sets of 10 repetitions each side.
- Progress difficulty by tying a theraband around your knees.



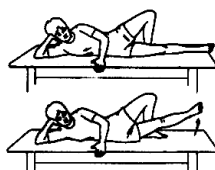
Hip abduction

- Lying on your side with your bottom leg bent at the knee.
- Raise your upper leg off the ground.
- Slowly lower it back to the starting position.
- Perform 3 sets of 10 repetitions each side.



Hip Adduction

- Lying on your side with your upper leg bent.
- Lift your bottom leg up off the ground.
- Slowly lower back to the starting position.
- Perform 3 sets of 10 repetitions each side.



Hip extension

- In the all 4's position extend by keeping your knee bent and trying to touch your foot to the ceiling.
- Lower your leg so that the thigh is horizontal to the floor.
- Repeat.
- Perform 3 sets of 10 repetitions each side.



Hip Scouring

- Lying on your back and bending your knee to your chest, grip onto your knee with both hands.
- Rotate the hip in a circular pattern.
- Do 5-10 repetitions in the clockwise direction and then repeat in the anti-clockwise directions

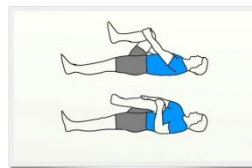


Figure 4 Stretch

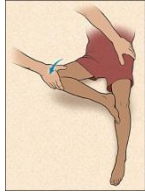
- Lying on your back assume the position which is depicted in the image below.
- Use your hands to pull your leg and increase the stretch.
- Perform 3 sets of 30 second holds on each leg

Figure 4 Stretch
Hold Stretch 30 seconds
2-3 times, each leg



Groin Stretch

- Laying on your back bend one leg at the knee and rotate the hip so that the bottom of one foot touches the inside of your opposite knee.
- Perform 3 sets of 1 minute holds on each leg.



Gluteus Maximums Stretch

- Sitting on the ground with your legs extended in front of you cross one leg over the other.
- Hug the knee of the crossed leg to your opposite shoulder.
- Perform 3 sets of 30 second holds on each leg



Hip Flexor Stretch

- In the kneeling position lean your pelvis forwards.
- You should feel a stretch through the front of your thigh.
- Hold for 30 seconds. Repeat 3 times each side.

