

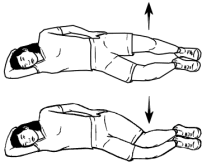
Supine hip extension

- 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.



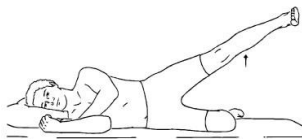
Clam Shells

- 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.



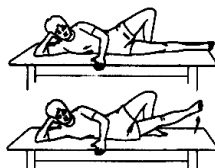
Hip abduction

- 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

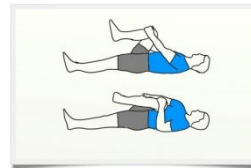


Figure 4 Stretch

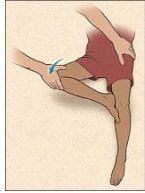
- Lying on your back assume the position which is depicted in the image below.
- Use your hands to pull your leg and increase the stretch.
- Perform 3 sets of 30 second holds on each leg



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 your 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.



Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.