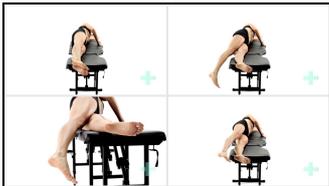




**1. Outer thigh stretch (ITB)**

Stand with your hands on your hips and cross your affected leg behind the other. Keeping your body straight, lean towards the same side as the front leg, whilst pushing your hips in the opposite direction. You will feel this stretch the outside of the thigh. Hold this position.

1 rep, 1 set, 1 s hold



**2. ITB stretch sidelying**

Lie on your side near the edge of your bed, with the affected leg on top and fully straightened. The bottom leg can be bent for balance. Keeping it straight, bring the top leg back behind you and let the leg fall down. You should feel a stretch down the side of your hip and thigh. Hold this position.

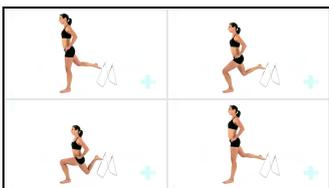
1 rep, 1 set, 1 s hold



**3. PSOAS muscle stretch [30400]**

Kneel down on one knee. Ensure your rear knee is directly under your hip and your front knee is in line with your front heel. Now tuck your bottom under, opening out through the front of the hip you are kneeling on. To increase the stretch, gently lean to the opposite side and place the arm of the same side you are stretching up above your head and stretch towards the ceiling. Maintain the position for 30-60 seconds.

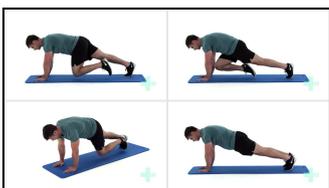
1 rep, 1 set, 1 s hold



**4. Rear foot elevated hip flexor/quads stretch**

Rest your leg to be stretched on a chair behind you. Make sure your stance leg is far enough in front of the chair that when you drop down your front knee does not travel over the toes. Drop your hips straight down, keeping your chest and head up. You will feel a stretch in the thigh of the back leg, and the effort of the exercise in the front leg.

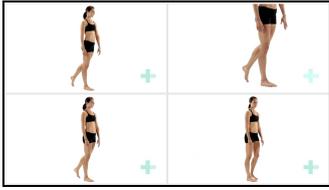
1 rep, 1 set, 1 s hold



**5. Mountain climbers**

Adopt a plank position insuring your hands are directly beneath your shoulders. Fully flex one hip and hold. Extend the bent leg to the rear and repeat the movement pattern on the opposite side

1 rep, 1 set, 10 sec duration



**6. SL toe touches**

Stand on your affected leg. Keeping your balance, bend over and touch your toes with your opposite hand. Control the movement as you return to the start position and repeat.

1 rep, 1 set, 1 s hold



**7. Bridging - Simple**

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 and lift your hips up into the air while still holding your pelvis level. Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor, one vertebrae at a time. Keep your buttocks tight, until your pelvis rests back down on the floor.

1 rep, 1 set, 1 s hold



**8. Single leg bridging**

Lie on your back. Bend one leg upwards, placing the foot on the floor. Draw your other leg up to the same position, maintaining a hips width between your legs. Lift one foot slightly off the floor. Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees. Lower back down and repeat. Keep your pelvis level throughout this exercise.

1 rep, 1 set



**9. Bridge - on bench**

Lie on your back with your heels rested securely on a bench. Ensure your knees and feet are hips distance apart with your knees pointing to the ceiling. You should have your knees bent to approximately 45 degrees. Tighten your abdominal and buttock muscles and roll your tail bone up from the floor. Continue this movement, lifting your hips directly up to the ceiling until you have a straight line from your shoulders to your knees. Keep your neck and shoulders relaxed. Control the movement as you lower your hips back down to the floor. Your abdominal muscles should remain engaged until your lower back reaches the floor.

1 rep, 1 set, 1 s hold



**10. Bridge - on bench leg raise**

Lie on your back with your heels rested securely on a bench. Ensure your knees and feet are hips distance apart with your knees pointing to the ceiling. You should have your knees bent to approximately 45 degrees. Tighten your abdominal and buttock muscles and roll your tail bone up from the floor. Continue this movement, lifting your hips directly up to the ceiling until you have a straight line from your shoulders to your knees. Keep your neck and shoulders relaxed. Holding this position, lift one leg from the bench. The leg remaining in contact with the bench will be the one you exercise. Keep your hips level throughout. Lower your elevated leg down to the bench. Control the movement as you lower your hips back down to the floor. Your abdominal muscles should remain engaged until your lower back reaches the floor.

1 rep, 1 set, 1 s hold