

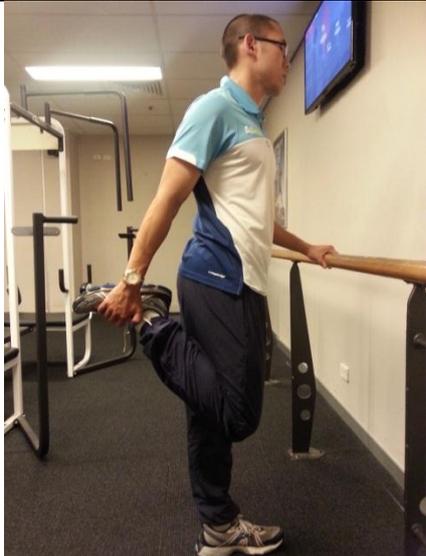
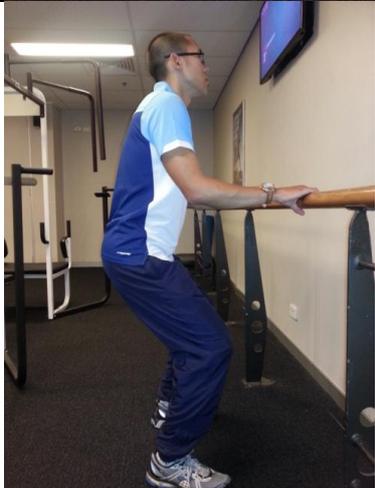
Hip/thigh exercises

Exercise	Image	Instructions
ITB stretch (standing)		<ol style="list-style-type: none"> 1. Stand leaning against a wall with both hands. Step behind the inside leg (you may need to adjust how far you step across depending on your ITB flexibility). 2. Lean toward your inside leg until you feel a stretch along the lateral side of your outer leg. Hold for 10-15 seconds. 3. Perform 2-3 reps each side.
ITB stretch (lying)		<ol style="list-style-type: none"> 1. Start in a semi-crawl position with hands spread out wide. Bring 1 leg across as if you were attempting to sit cross legged (just with one leg). Aim to touch the opposite hip with your ankle. 3. Gradually shuttle your other leg back so that it straightens out (see photo). You should feel a stretch in the gluteal/lateral thigh area. 4. Hold position for 15-20 seconds. Perform 2-3 reps on each side.
Side leg raises		<ol style="list-style-type: none"> 1. In standing position, bring 1 leg out to the side (around 45 degrees max) then back. 2. Keep your back neutral and hip levelled (not tilting from side to side as you bring your leg in and out). 3. Perform 15-20 reps each side

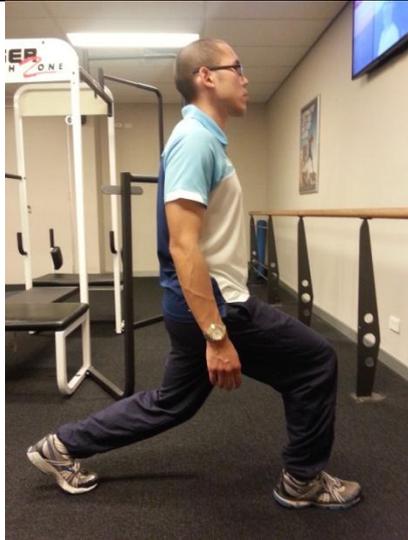
<p>Hip tilts on a block</p>		<ol style="list-style-type: none"> 1. Stand on the edge of a block/step with 1 leg and the other leg hanging. 2. Slowly tilt your hip from side to side so that your hanging leg drops down lower than the step, and then back up. Have your hands on your hips or hand-hold for balance. 3. Perform 15-20 reps each side.
<p>Side steps onto block</p>		<ol style="list-style-type: none"> 1. Stand side on next to a large step/block. 2. Side step onto and off the block, 1 step at a time. 3. Perform 10-15 reps each side.
<p>'Clams'</p>		<ol style="list-style-type: none"> 1. Tie a theraband just above your knees and lie on your side as shown with your knees slightly bent. Make sure there is tension in the theraband. 2. Separate your knees, and hold for a few seconds. You should feel the side of your thigh and glutes contracting. 3. Perform 15-20 reps each side.
<p>Sideways walking with theraband</p>		<ol style="list-style-type: none"> 1. Tie a theraband just above knee level and stand with feet slightly wider than shoulder width apart. Make sure there is enough tension in the theraband. 2. With knees slightly bent, walk sideways. 3. Perform 10-15 reps each side.

<p>Hamstring stretch with towel</p>		<ol style="list-style-type: none"> 1. Whilst lying on the ground, wrap a towel around the mid-foot area on 1 leg. 2. Slowly lean back, raise your leg up and straighten out your knee so that you're pulling against your foot with the towel as shown. You should feel the stretch down the back of your thigh. Your other leg can be straight on the ground or slightly bent for comfort. 3. Hold position for 15-20 seconds. Perform 2-3 reps each side.
<p>Calf/hamstring stretch</p>		<ol style="list-style-type: none"> 1. Stand with 1 foot on a bench, with toes pointed upwards. 2. Keeping your knee straight, reach forward toward your toes and point your toes toward your nose to feel stretch. 3. Hold stretch for 20-30 seconds. Perform 2-3 reps each side
<p>Hip extensions with theraband</p>		<ol style="list-style-type: none"> 1. Stand against a stretching bar with the theraband secured behind your ankle and a low anchor point. 2. Keeping your knee relatively straight, pull your leg backwards. You should feel your glutes and hamstring working. Use the bar for balance if required. 3. Perform 10-15 reps each leg.
<p>Hip flexion</p>		<ol style="list-style-type: none"> 1. Lying on your back, bring 1 knee up toward your chest as far as you can go. Wrap your hands around your knee to assist with motion at end of range of motion. 2. Hold position for 10-15 seconds. Perform 2-3 times each side.

<p>Lunge stretch (hip flexors)</p>		<ol style="list-style-type: none"> 1. Take a big step forward so that your hips and knees are at 90 degrees as shown. Rest your knee on the floor. 2. Gradually lean forward until you can feel a stretch in your back leg (just in front of your hip). Aim to keep your back neutral and bend at your hip and knee joints. 3. Hold position for 10-15 seconds. Perform 2-3 reps each side.
<p>Gluteal stretch</p>		<ol style="list-style-type: none"> 1. Lie with your back on a mat/comfortable surface. Cross 1 foot over so that the ankle on over the opposite knee (see picture). 2. Slowly bring you bent knee up toward your chest. You should feel the stretch in your right gluteal area. Place your hands behind your left knee and pull gently to assist with stretch. 3. Hold position for 20-30 seconds. Perform 2-3 reps each side.
<p>Bridging</p>		<ol style="list-style-type: none"> 1. Lie on a mat with knees bend and feet shoulder width apart. 2. Lift your buttocks off the floor by pushing through with your heels. 3. Perform 15-20 reps.

<p>Quadriceps stretch</p>		<ol style="list-style-type: none"> 1. Stand next to a handhold for support. Bring 1 foot back by bending at the knee, and holding your foot with your hand. Touch your buttock with your heel if you can. You should feel the stretch along the front of your thigh. 2. Hold position for 20-30 seconds on each side. Perform 2-3 reps on each side
<p>Straight leg raise</p>		<ol style="list-style-type: none"> 1. Lie on a mat and raise 1 leg up whilst keeping your knee straight. Aim for a 45 degree elevation. 2. Perform 10-15 reps each leg.
<p>Assisted squat</p>		<ol style="list-style-type: none"> 1. Starting by standing in front of a bar/handhold, holding on gently with both hands. 2. Squat down slowly about 45-60 degrees. To engage your glutes more, lean back slightly (as if you were sitting back on a chair). To engage your quadripceps more, bring your knees over your toes slightly. 3. Perform 15-20 reps.

Alternating lunge (quad strengthening)



1. Step forward with 1 leg and bend both knees with weight mostly in the front leg as shown in picture. Aim to keep your back neutral.
2. Push back using your front leg so that you are standing upright, then step forward again with the other leg.
3. Perform 10-15 reps each side.

Lunge on BOSU trainer



1. Place 1 foot onto a BOSU trainer (dome side down) as shown with feet pointing forward.
2. Lunge forward by putting weight on the front leg and bending your knees. Try and maintain balance as you perform the lunge.
3. Perform 10-15 lunges each side.