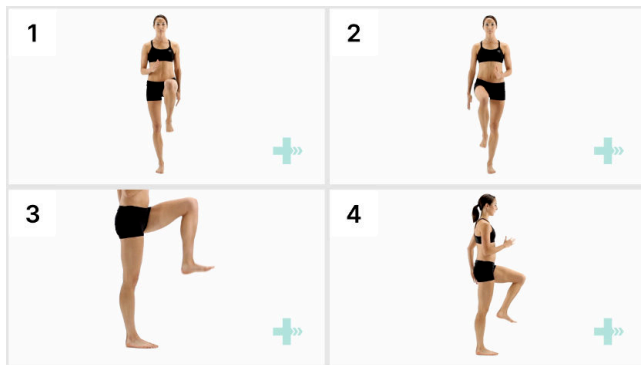


Sets: 3 • Reps: 10



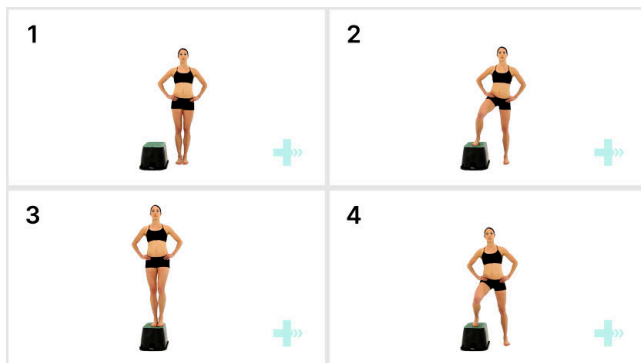
1. Standing marching

Hold on to a wall for balance.

March on the spot, bending alternate knees up towards your chest.

Make sure you keep your body straight throughout the movement.

Sets: 3 • Reps: 10



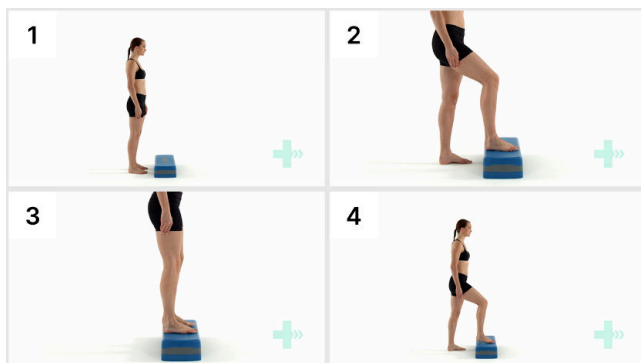
2. Lateral step ups

Stand with your affected side closest to the step.

Step up, bringing your other foot up to join the affected leg, then lower this foot back down.

Make sure the knee on the affected leg travels forwards, and not inwards, when bending and straightening it.

Sets: 3 • Reps: 10



3. Step up

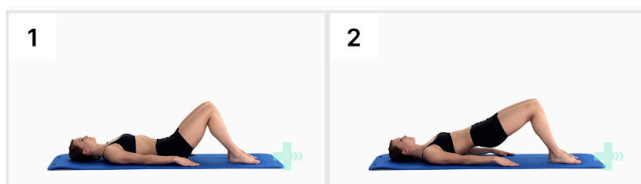
Stand facing a step.

Place your affected leg up on the step.

Step up bringing your other leg onto the step and then step back down to the start position using the same leg.

Make sure your knee travels forwards over your toes during this exercise. Your affected leg will stay on the step throughout this exercise.

Sets: 3 • Reps: 10



4. Bridge on the floor

Lie on your back with your knees bent and your feet flat on the floor.

Tighten your buttock muscles and lift your hips up into the bridge position.

Make sure you keep your hips up and level throughout the movement.



5. Standing active hip abduction

Stand straight, holding a chair or table for balance.

Keeping your affected leg straight, slowly move it out to the side.

Control the leg as you bring it back in to the starting position, and then repeat the movement.

Make sure you do not lean your body or hitch your hip up as you move your leg.

Sets: 3 • Reps: 5 • Hold: 10s



6. Hip flexor stretch in stand

Start in a standing position.

Move your affected leg one pace backwards.

Hold on to a support if you feel you need it.

Keeping your feet in this position, drive your hips forward and lift up your chest.

It is ok for the back knee to bend a little and for your heel to come up off the floor.

You should feel a stretch in the front of your hip.

Hold this position and then return to the starting position and then relax.