

ACT

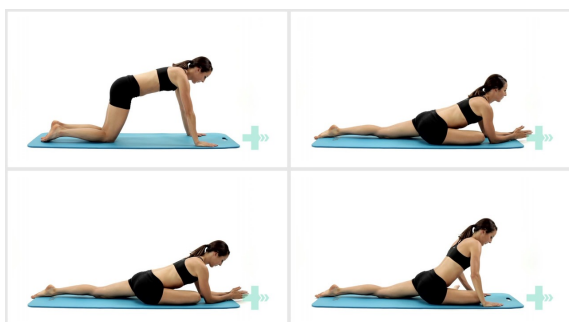
2 Sets / 4 Reps / 30 s hold



## 1. Hip flexor stretch kneeling

Kneel on the floor and place the unaffected foot in a large stride in front of you. Push the hips forwards evenly and keep your body straight until you feel the stretch in the front of the hip on your back leg. Hold this position.

2 Sets / 4 Reps / 30 s hold



## 2. Pigeon stretch

Start on your hands and knees. Cross the symptomatic leg underneath you, then lower your hips down to the ground. Rest your body forwards on your arms. You should feel a stretch across the buttock.

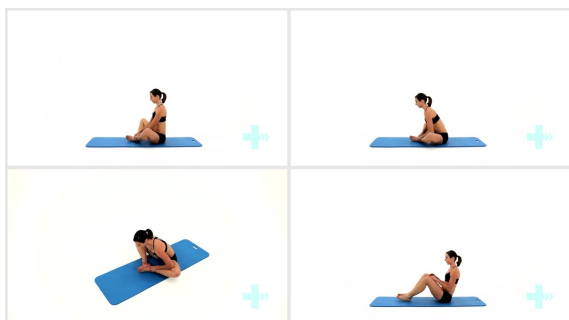
3 Sets / 10 Reps



## 3. Hip 90/90

Adopt a sitting position with your back straight, legs out wide and knees bent. Drop both knees to one side under control until you are in 90/90 position. Return to the start position and repeat on the opposite side.

2 Sets / 4 Reps / 30 s hold



## 4. Short adductor stretch

Sit down on the mat with the soles of your feet together, and drop your knees out to the side. Press your knees towards the floor with your elbows, increasing the stretch in your inner thigh.