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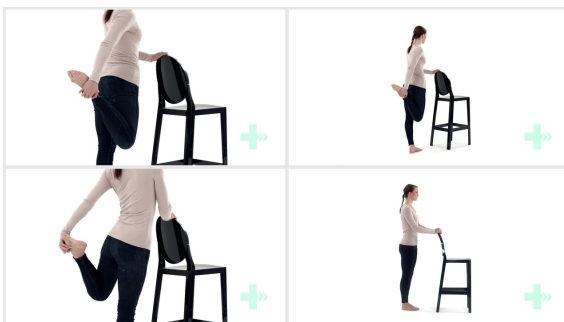
1 Set / 2 Reps / 30 s hold



1. Hamstring stretch - in standing

Stand up straight.
Place your affected foot forwards with your foot flat on the floor.
Keep your back foot facing forwards and soften the knee.
Make sure the hips are square while you maintain a straight back.
Gently lean forwards and push your hips out behind you.
You feel this stretch down the back of your thigh.
Hold this position.

1 Set / 2 Reps / 30 s hold



2. Quadriceps stretch

Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.
Lift your leg as high as possible and try to keep your knee bent at a right angle.
Hold for a few seconds, and then repeat for the other leg.

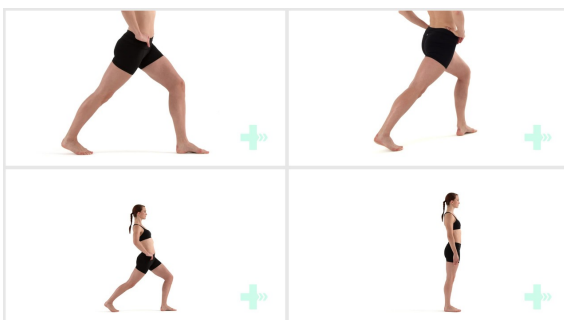
1 Set / 2 Reps / 30 s hold



3. Calf stretch standing

In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you.
Keep the heel on the floor and the toes pointing forwards.
Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.
Make sure your heel does not come off the floor and your back knee does not bend.

1 Set / 2 Reps / 30 s hold



4. 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.