

ACT

3 Sets / 10 Reps

**1. Dynamic hamstring to hip flexor stretch in kneeling**

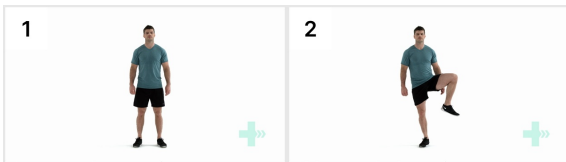
Kneel on the floor and place one foot in a large stride in front of you. Keeping your body tall, push your hips forwards evenly until you feel a stretch in the front of the thigh of your back leg. Next, transfer your weight backward by taking your buttocks towards your back foot as you straighten your front knee and lift your toes. You will feel a stretch in the back of the thigh of your front leg. Continue to alternate between these two positions.



3 Sets / 10 Reps

**2. Lateral hip rotation**

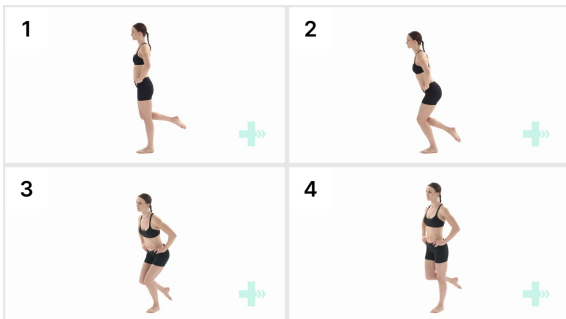
Stand tall with your feet hip-width apart, your knees slightly bent and your hips back. Lift one knee into the air and laterally rotate your hip. Repeat the movement with your other leg. Continue alternating the movement to complete the set.



3 Sets / 10 Reps

**3. Single-leg squat**

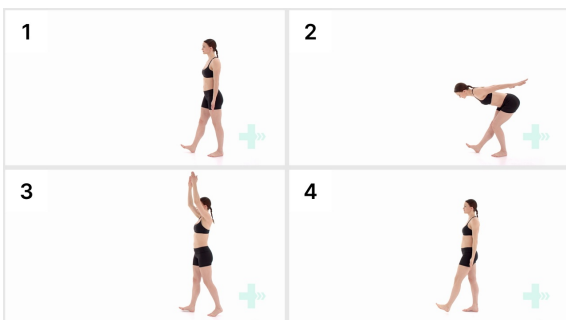
Stand near a wall or table for support if you need it. Balance on your affected leg. Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes. Straighten back up fully, and repeat the movement.



3 Sets / 10 Reps

**4. Dynamic hamstring stretch in stand (walk with fwd sweep)**

Stand up straight with your arms by your side, palms facing forwards. Place one foot ahead of you with your heel down, toes up. Simultaneously lean your body forwards reaching your arms back behind you. Keep your legs straight as you sweep your arms from the back, forward and up. Bring your body upright again as your arms reach the horizontal position. Step onto this leg to repeat with the other.



**5. Knee hugs**

Stand tall with your arms by your side.

Lift one foot of the ground and squat back and down a few centimetres with the other leg.

Contracting the glute of your standing leg, grasp your lifted leg just below the knee with both hands and pull your knee in towards your chest while straightening out your other leg.

Hold for a few seconds and then relax and return to the starting position.

Repeat the movement with your other leg.

Continue alternating legs to complete the set.



3 Sets / 10 Reps

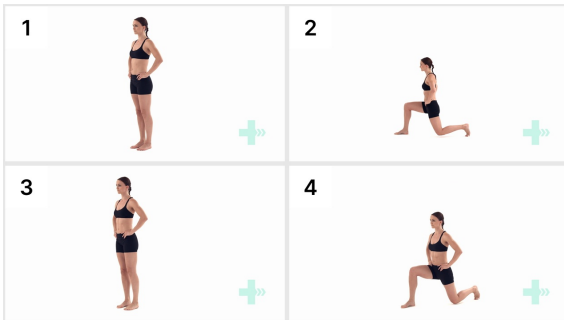
**6. Lunge reverse**

Stand straight and take a large stride to the rear with your affected leg.

Keeping the movement flowing, drop your hips directly down and bending both legs until your knees reach 90 degrees.

Spring back up from this position, bringing your feet back together and keeping your body upright throughout the exercise.

Ensure your knees travel directly forwards during the exercise.



2 Sets / 2 Reps / 30 s hold

**7. 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.

