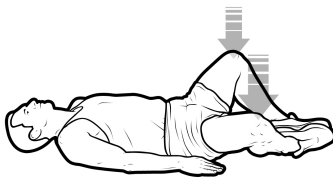


**KNEE HUG**

Lying on your back, bend one leg up as far as you can, grasp your knee and pull your leg into your tummy. Hold this

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

**SHORT ADDUCTOR STRETCH**

Lying on your back with your knees bent and feet together, slowly drop your knees down towards the floor. Allow gravity to assist in dropping your knees down further into the stretch. Hold. Do not push yourself into pain

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

**GLUTEAL STRETCH**

Sit on the edge of a chair and place your ankle on your opposite knee. With both hands, grasp your knee and pull towards your opposite shoulder until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

**HAMSTRING STRETCH**

With your knee straight and your heel on the floor in front of you, tilt your pelvis forwards. Keeping your back straight, lean forwards until you feel a stretch in your hamstring. Hold. This can also be completed in sitting

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day