

Stretches

Here are the basic stretches. Your Physiotherapist can modify the exercises for you if the positions are uncomfortable. Try to hold each stretch for at least 30 seconds. If balance is difficult in the standing postures, please hold onto a stable surface or the wall. Repeat each stretch twice per day.

Hip flexors

1) Whilst standing, bend one knee to take your heel to your bottom. Hold your foot with your hand or a scarf if you cannot reach. Your knees should stay together. Be careful not to arch your back.



2) Adopt a stance (lunge) position. Bend the front knee. Keeping the back knee straight push your weight to the front so that the knee bends more until you feel a stretch at the front of the back hip.

Gluteal stretches

Lying on your back with your knees bent, cross one foot onto the opposite knee. Putting your hands behind the leg on the floor, pull your thigh towards you. Both feet should now be off the ground. Use a scarf to assist you if you cannot reach with your hands.



Hamstring stretch

Begin by lying on your back with both knees bent and your feet on the floor. Reach behind one thigh and pull this leg towards you with a straightened knee. You can use a towel if you cannot reach with your hands. You should feel the stretch at the back of the straight leg.

Adductor stretch

Stand facing forwards with your feet apart, bend one leg and lean to that side. You should feel the stretch on the inner thigh of the straight leg.



Strengthening

Repeat each exercise twice per day.

Adductors

1) In a sitting position, place a ball (or your hands) between your knees. Squeeze your knees together. Hold for 5-10 seconds. Repeat 10 times.



Heel digs

Sitting on a chair, dig one heel at a time into the ground maintaining a bent knee. Hold for 5-10 seconds. Repeat 10 times

Side-lying abduction

Lie on your side with the bottom leg bent for stability. Keeping the top leg straight, lift it up towards the ceiling and back down again. Alternatively this can be done in a standing position. Repeat 10 times.



Bridging

Lie on your back with your knees bent and your feet flat on the floor. Rest your arms by your sides or on your abdominal muscles. Push through your heels to lift your bottom. Repeat 10 times.



Standing hip extension/abduction

Whilst standing, take one leg out to the back. Return to neutral. Do 10 times each side.

Repeat the exercise but take the leg out to the side. Alternate after 10 repetitions.

