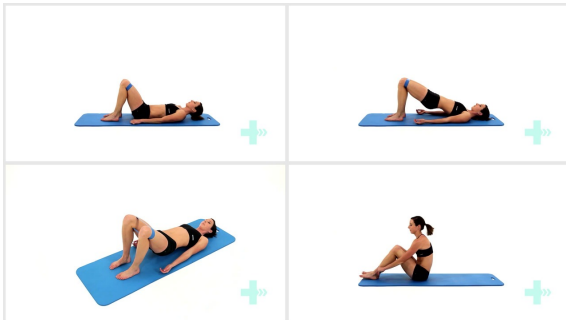


1 Set / 1 Rep / 1 s hold

**1. Hip flexor stretch kneeling**

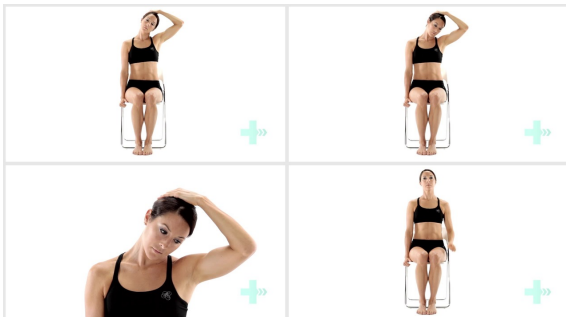
Kneel on the floor and place the unaffected foot in a large stride in front of you. Push the hips forwards evenly and keep your body straight until you feel the stretch in the front of the hip on your back leg. Hold this position.

1 Set / 1 Rep

**2. Bridge with resisted hip abduction**

Tie a resistance band around both thighs, just above your knees. Lie on your back with your knees bent and legs hips width apart. There should be tension in the band. Raise your hips up into a bridge, keeping the knees hips width apart. Control the movement back down to the start position, maintaining constant tension on the band.

1 Set / 1 Rep / 1 s hold

**3. Two-part neck stretch**

Start in a seated position. Take you hand, place it on your head and gently pull your ear towards your shoulder and hold. Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

1 Set / 1 Rep / 1 s hold

**4. Lumbar extension in prone**

Lie on your front with your palms on the floor by your shoulders. Slowly push up through your hands, arching your lower back. Stop at the point you feel a stretch in your lower back. Keep your hips on the floor at all times. Hold this position, then slowly lower your body back down.