

Sets: 2 • Reps: 8



1. Hip extension in 4 point kneeling - movement control

Start on your hands and knees with your hands under your shoulders and knees under your hips.

Find your neutral position with your spine and head.

Push the heels of your hands into the floor so that your shoulder blades flatten against your back.

Tighten your abdominal muscles to help stabilise your trunk as you slowly straighten one leg out behind you.

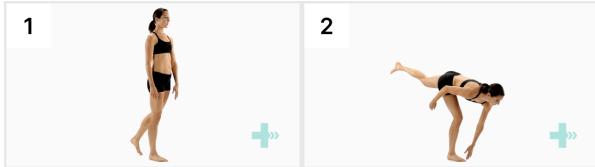
Lift your leg from the floor until you have a straight line from the back of your head to the heel of your foot.

Do not allow your hips to rotate with this movement.

Control the movement as you bring your leg back in to the starting position.

Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

Sets: 2 • Reps: 12 • Hold: 1s



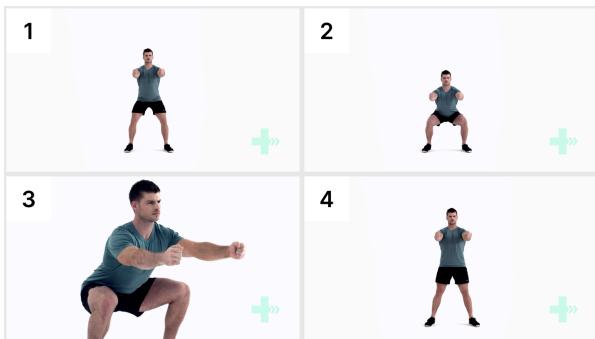
2. SL toe touches

Stand on your affected leg.

Keeping your balance, bend over and touch your toes with your opposite hand.

Control the movement as you return to the start position and repeat.

Sets: 2 • Reps: 10 • Hold: 1s



3. Bodyweight squat

Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards.

Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight.

Keep the head and chest upright and the gaze horizontal.

Hold for 2 seconds and return to the start position.