

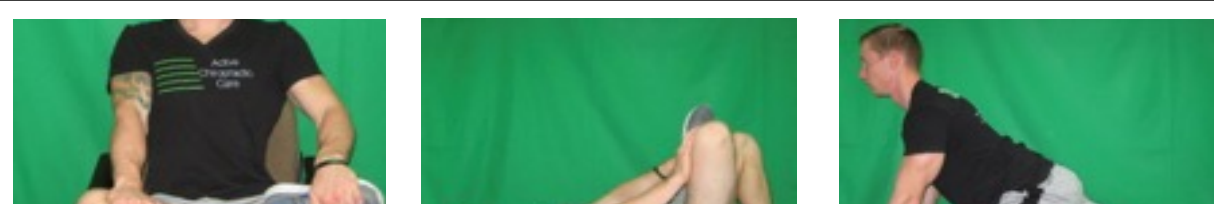
Hip flexor stretches: Perform each variation holding 15 - 30 seconds per side.
(Releases tension in the lower back and hips).



Side lunge stretch : Perform to each side holding for 15 - 30 seconds. **Hips back and chest up.*



IT band and TFL stretches : Perform each variation on both sides holding for 15 - 30 seconds.



Piriformis stretches: Perform each variation on both sides holding for 15 - 30 seconds.



Quadriceps muscle stretches : Perform each variation 2 - 3 times holding 15 - 30 seconds.

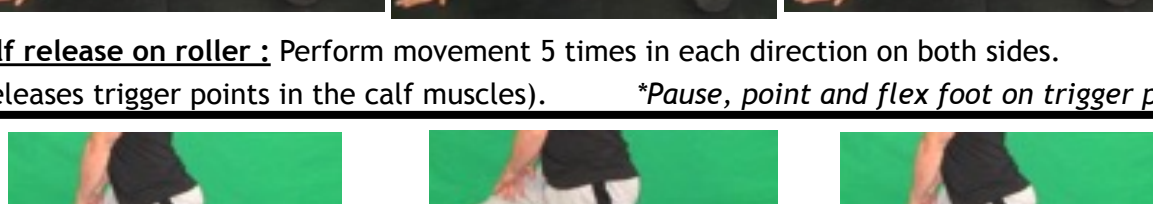
** Do not perform exercises if you have any discomfort.*



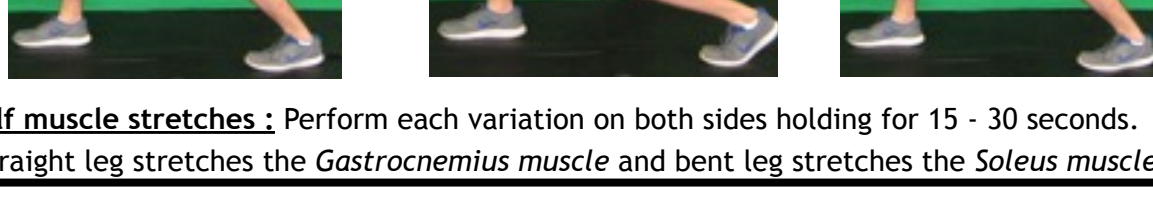
Hip / Hamstring stretches: Perform 2 - 3 sets of each variation for 15-30 seconds on each side.
(Releases tension in the hips and lower back). ** Keep legs straight.*



Calf release on roller : Perform movement 5 times in each direction on both sides.
(Releases trigger points in the calf muscles). **Pause, point and flex foot on trigger points.*



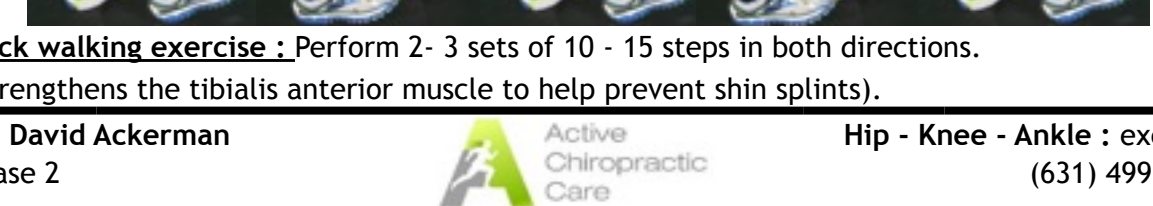
Calf muscle stretches : Perform each variation on both sides holding for 15 - 30 seconds.
(Straight leg stretches the *Gastrocnemius* muscle and bent leg stretches the *Soleus* muscle).



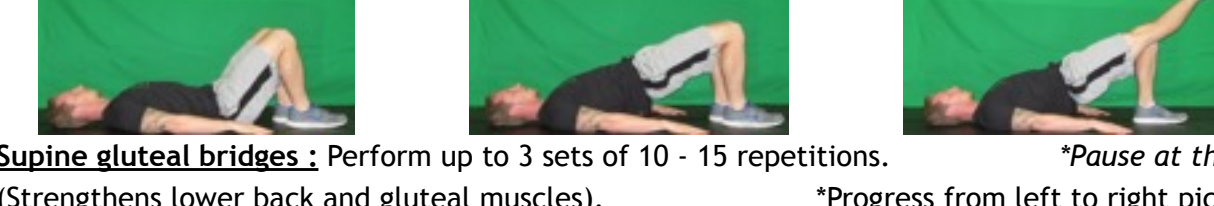
Tibialis Anterior muscle stretch : Perform this stretch for 15 - 30 seconds on each side.
(Stretches the front of the shins preventing shin splints). **Point foot away and inwards.*



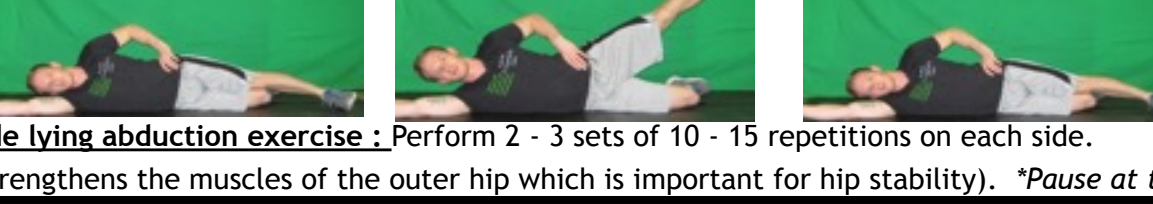
Duck walking exercise : Perform 2 - 3 sets of 10 - 15 steps in both directions.
(Strengthens the tibialis anterior muscle to help prevent shin splints).



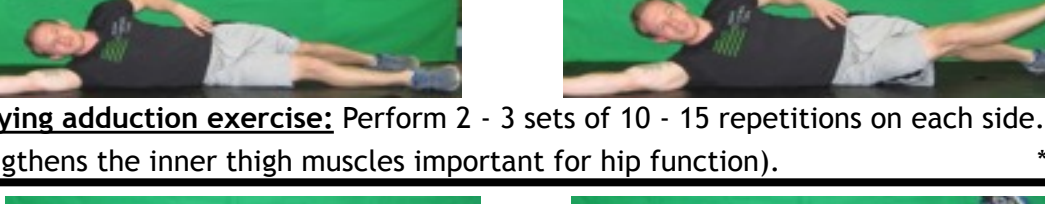
Supine gluteal bridges : Perform up to 3 sets of 10 - 15 repetitions. **Pause at the top.*
(Strengthens lower back and gluteal muscles). **Progress from left to right picture.*



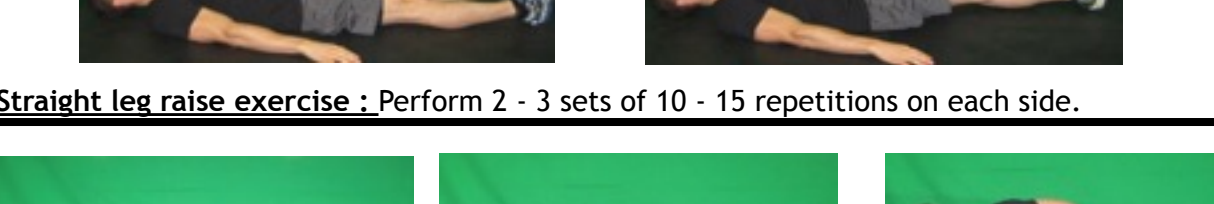
Side lying abduction exercise : Perform 2 - 3 sets of 10 - 15 repetitions on each side.
(Strengthens the muscles of the outer hip which is important for hip stability). **Pause at top.*



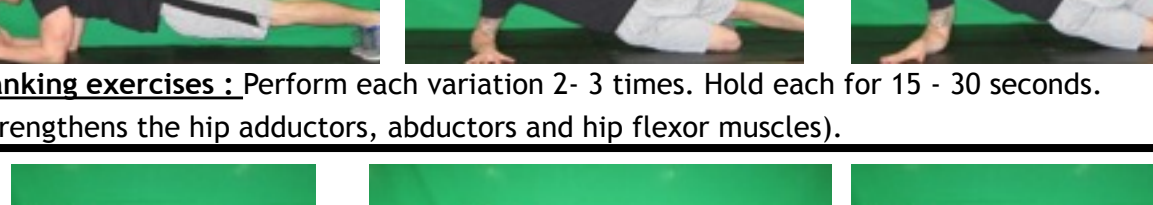
Side lying adduction exercise: Perform 2 - 3 sets of 10 - 15 repetitions on each side.
(Strengthens the inner thigh muscles important for hip function). **Pause at top.*



Straight leg raise exercise : Perform 2 - 3 sets of 10 - 15 repetitions on each side.



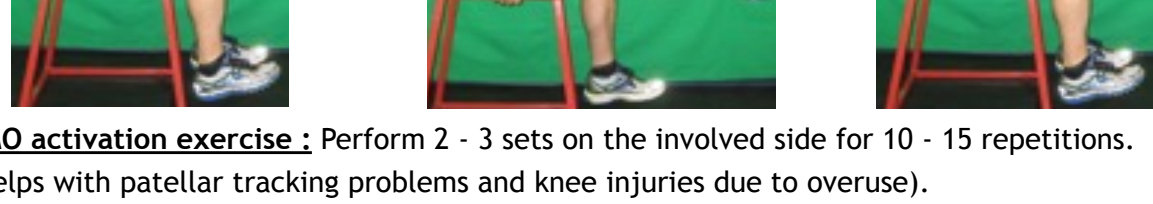
Planking exercises : Perform each variation 2 - 3 times. Hold each for 15 - 30 seconds.
(Strengthens the hip adductors, abductors and hip flexor muscles).



Bird / Dog exercises : Perform up to 3 sets of 10 - 15 repetitions on each side.
(Improves spinal stability and balance). ** Hold each repetition for 2 - 5 seconds.*



VMO activation exercise : Perform 2 - 3 sets on the involved side for 10 - 15 repetitions.
(Helps with patellar tracking problems and knee injuries due to overuse).
**Turn the foot out 15 degrees and contract at the top of the movement.*



Soft tissue Quadriceps mobilization : Perform 2 - 3 sets of 8 - 10 passes in each direction.



Back lunge exercise : Perform 2 - 3 sets of 8 - 10 repetitions on each side.
(Strengthens hips, knees and ankles). **Progress to balancing on one foot to increase difficulty.*



Bodyweight squat exercise : Perform 2 - 3 sets of 10 - 15 repetitions.
(Strengthens the hips and lower back muscles). **Lower slowly with weight on your heels.*



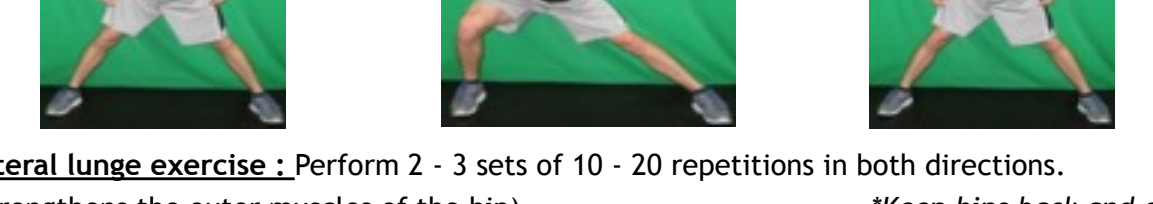
Bodyweight sumo squat exercise : Perform 2 - 3 sets of 10 - 15 repetitions.
(Strengthens the inner muscles of the legs and hips). **Squeeze gluteal muscles at the top.*



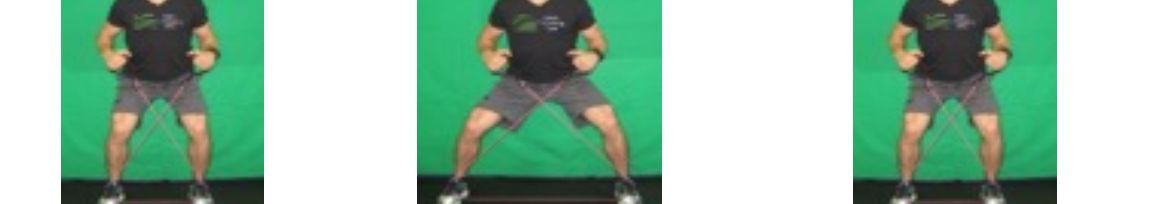
Lateral lunge exercise : Perform 2 - 3 sets of 10 - 20 repetitions in both directions.
(Strengthens the outer muscles of the hip). **Keep hips back and chest up.*



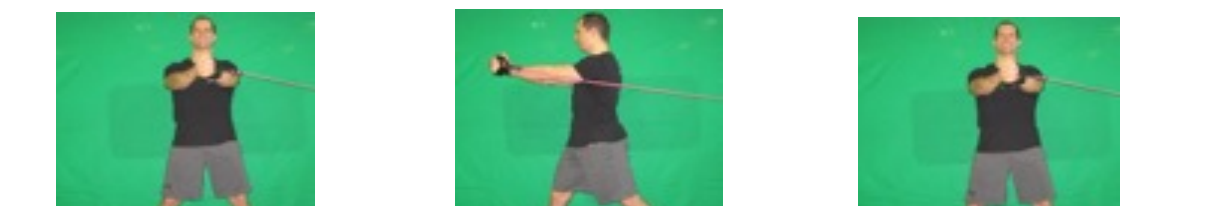
Lateral lunges with band : Perform up to 3 sets of 10 - 15 repetitions in each direction
(Strengthens the muscles of the outer hips). **Keep hips back and chest up.*



Core rotations with band : Perform up to 3 sets of 10 - 15 repetitions on each side.
(Strengthens core for rotational sports). **Breathe out as you rotate away from the anchor.*



Single leg toe touch exercise : Perform 2 - 3 sets of 10 - 15 repetitions on each side.
(Great for improving ankle, knee and hip stability). **Attempt consecutive repetitions.*



Calf raise exercise : Perform 2 - 3 sets of 10 - 15 repetitions. **Pause at the top.*