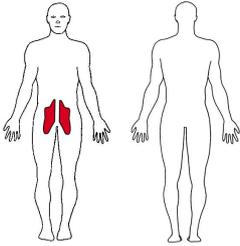
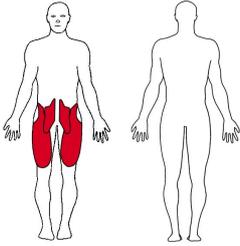
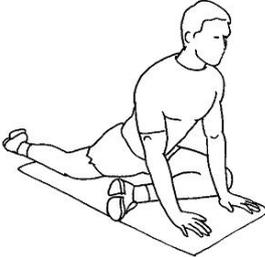
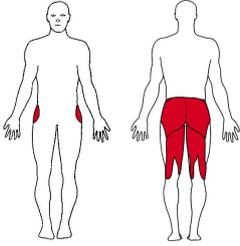
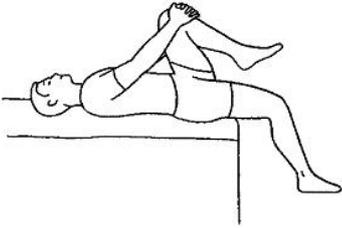
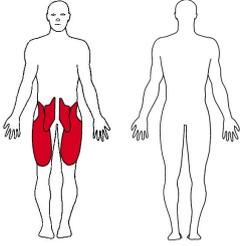
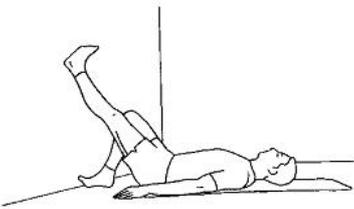
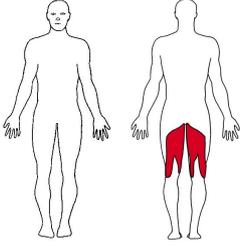
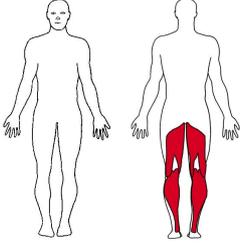


## Hip & Knee Stretching

Exercise	Illustration	Focus	Exercise data	Comments
1 - Hip flexions 1				Put one knee on the floor and stand with your upper body upright. Lean against your thigh and push your hip forward until you feel the front of your hip stretch. Hold for 30 seconds and repeat with your other leg.
2 - Front side thigh and hip 1				Stand upright. Hold one ankle and pull the heel to your buttock. Push your hip forward until you feel the front of your thigh stretch. Ensure that your knees are kept together. Hold for 30 seconds and change legs.
3 - Buttocks 3				Start by spreading your legs, stretching one leg backward and bending the other leg under your body. Lean your weight forward while supporting yourself on your arms. When you feel the muscles of your buttocks stretch, hold the position for 30 seconds. Change legs.
4 - Hip flexor 5				Lie supine on the edge of a bed/table. Begin by pulling both knees up toward your chest, so that your lower back is in contact with the mat. Hold one knee and lower the opposite leg toward the floor. When you feel a stretch on the front of your hip and thigh, hold the position for 30 sec. Avoid swaying in your lower back by tensing your abdominal and back
5 - Back of thigh 3				Lie on your back and put one leg against the wall. Straighten your knee, bend your ankle backward and pull your toes toward your body until you feel the back of your thigh and lower leg stretch. Hold for 30 seconds and change legs.
6 - Back of thigh and calf 1				Stand with your hands on your sides, slightly bend one knee and straighten the other. Pull your toes up toward your body and slowly lower your upper body forward until you feel the back of your leg stretch. Avoid bending your back. Hold for 30 seconds and change legs.



[See video of your exercises](#)