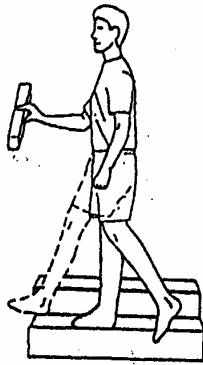


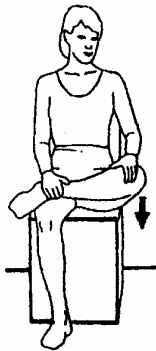
Standing sideways on a small step with support for balance. Allow your outside affected leg to hang free over the edge of the step. Gently let the leg swing forwards and backwards like a pendulum.



1. Sit on the floor with one leg straight and the other leg crossed over it. Bring your knee towards your opposite shoulder, feel the stretch in your buttock.



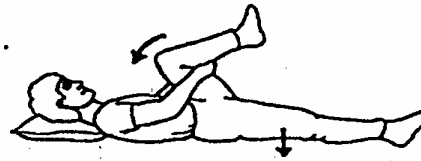
2. Sitting on a chair with your foot on the opposite knee, gently push your knee towards the floor.



3. Lying on your back, bend and straighten your hip and knee by sliding your foot up and down.



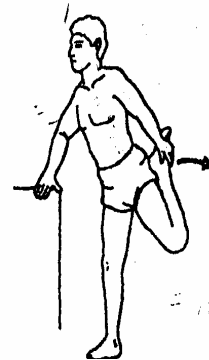
4. Lay on your back with a cushion under your head, pull your knee onto your stomach helping with your hands, push your other leg down towards the floor. Hold for 20 seconds—relax.



5. Lying face down. Bend one knee and hold onto the ankle. Pull your heel slowly towards your buttock until you feel the stretch on the front of your thigh. Hold for 20 seconds—relax.



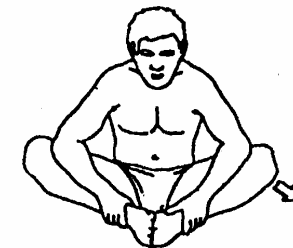
6. Standing, hold onto a support with one hand and to the ankle with the other hand. Pull towards your bottom, then extend the hip by taking the leg out behind you.

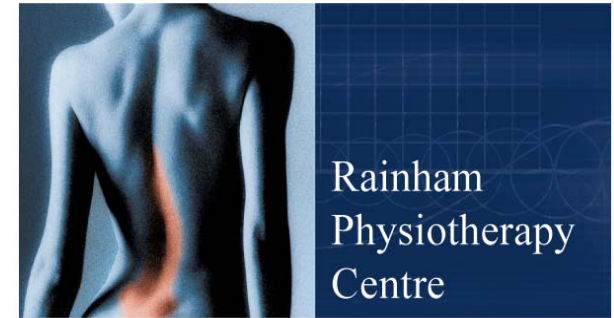


7. Stand with legs astride and straight. Bend one leg and put your hand on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg. Hold for 20 seconds.



8. Sit on the floor with the soles of your feet together and as close to your groin as you can, push your knees down towards the floor. You will feel the stretching of the inside of your thighs. Hold for 20 seconds and relax.





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