



FIT AGAIN SPORTS THERAPY

Sports Injury & Rehabilitation Clinic

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Glutes

Clams

Lying on your side, bend knees to 90degrees and ensure hips are rotated forward so your belly button aims towards the floor. Make sure you maintain neutral spine throughout the movement. Keep your ankles together and in a slow and controlled manner raise your top knee and slowly lower to starting position.

3 seconds up and 3 seconds down until fatigue.



Side lying straight leg raise



Adopt the same starting position as the Clam however straighten the top leg.

Ensure hips remain rotated towards the floor and your spine is in a neutral position and slowly raise and lower your top leg approximately 45degrees.

3 seconds up and 3 seconds down until fatigue.

Bridges



Lying on back, bend knees so feet are flat on floor. Contract core and glutes without hamstrings firing. Push up through your heels raising hips off the floor until a straight line is formed between knees and shoulders. Return to starting position and relax glutes.

Quad Stretch

In a standing position, keep knees together and push hips forward to feel a stretch in front of thigh. Hold

at the point you feel a stretch. Hold for 30 seconds when the muscles are warm.

