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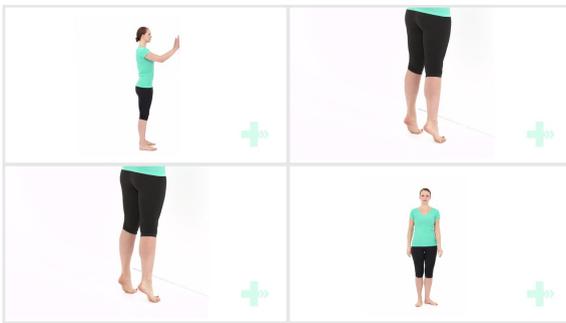
2 Sets / 3 Reps / 30 s hold



**1. Dynamic hip flexor and trunk rotation stretch "deep lunge"**

Start in a plank position with your hands under your shoulders and your legs and body straight back behind you.  
Step one leg forwards outside of your hands.  
Sink your hips down towards the floor between both feet.  
Lift your hand closest to your front foot up.  
Reach it up towards the ceiling, turning your upper body and head with the movement.  
Allow your head to follow the movement so that your gaze looks out to the side.  
Return your hand to the floor, then step this leg back.  
Repeat on the other side.

3 Sets / 10 Reps



**2. Dynamic calf raise standing**

Stand up straight facing a wall.  
Place both hands on the wall in front of you for support.  
Rise up onto the balls of your feet then lower your heels back to the floor.  
Continue this movement at a fast pace.

3 Sets / 10 Reps



**3. Single leg bridging**

Lie on your back.  
Bend one leg upwards, placing the foot on the floor.  
Draw your other leg up to the same position, maintaining a hips width between your legs.  
Lift one foot slightly off the floor.  
Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.  
Lower back down and repeat.  
Keep your pelvis level throughout this exercise.

3 Sets / 10 Reps / 1 s hold



**4. AROM hip abduction side lying**

Lie on your side with your affected leg on top.  
Bend your bottom leg for stability but keep your top leg straight and in line with your body.  
Lift the top leg up, making sure you do not roll your body forwards or backwards.  
Control the movement as you lower it back down to the starting position and repeat.

### 5. Mountain climbers

Adopt a plank position insuring your hands are directly beneath your shoulders.  
Fully flex one hip and hold.  
Extend the bent leg to the rear and repeat the movement pattern on the opposite side

