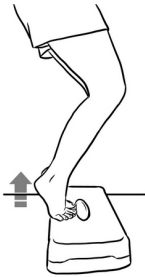




Lie on your back and bend your 'affected leg' at your hip and knee.  
Hold onto your shin and pull your leg towards your chest and opposite shoulder.  
You will feel a stretch in your buttock.



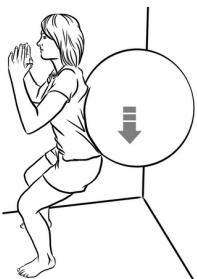
Lie on your back and cross the stretching leg over the lower part of the opposite thigh.  
Use a towel to assist and gently pull on the back of the opposite thigh increasing the stretch in the hip of the stretching leg.



Stand with your toes on the edge of a box or step with your knees bent slightly.  
Rise up on to your toes hold and repeat.



Place a ball between your knees and squeeze gently.  
Squat back maintaining the tension on the ball.  
Return to standing and repeat.



Position yourself with the gym ball in the arch of your lower back.  
Squat down to the specified depth, keeping your core stomach muscles (TVA) engaged.