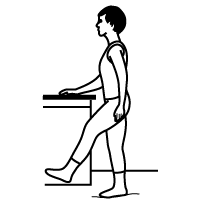
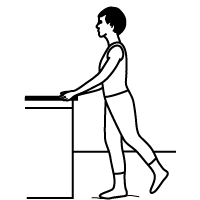
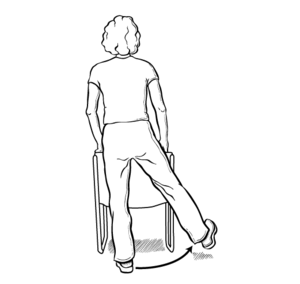
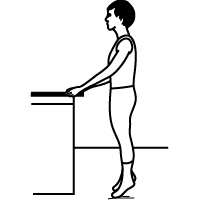
Bedale Osteopaths Exercise Sheet 4

**Hip Strengthening and Mobility**

**Hip Flex Hip Extension**

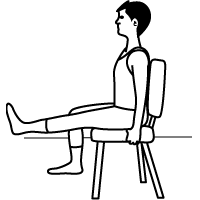
Take leg forwards, hold 2-3 Take leg backwards, hold 2-3 seconds. Repeat 10-20 times. seconds. Repeat 10-20 times.

**Hip Abduction Tip Toes**

Take leg out to the side, hold 2-3 Raise up onto tip toes, repeat 10-20 times.

seconds. Repeat 10-20 times.

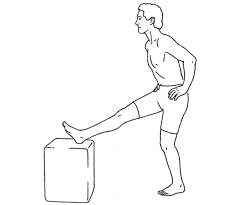
**Quad Exercises Hamstring Strengthening**

Gently raise foot and hold for 2-3 seconds. Bring your heel up towards your bottom

Repeat 10-20 times. hold for 2-3 seconds.

Variations: turn foot slightly in and repeat. Repeat 10-20 times.

turn foot slightly out and repeat.

**Quad Stretch Hamstring Stretch**

Hold for 20-30 seconds. Hold for 20-30 seconds.

2-3 times each side. 2-3 times each side (can use a small step).

These exercises should not be painful. If you are unsure of how to do them speak to your practitioner.

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