

Hip stretch in half kneeling



Fig A. Kneel on your affected leg in a lunge position with your hips and knees square (Fig A).



Fig B. Slowly lean forward until you feel a stretch at the front of the affected hip (Fig B).



Fig C. Return to the start position and repeat as directed by your physiotherapist.

If the pressure on your knee is uncomfortable, use a cushion or pillow to kneel on (Figs C and D).

For a video demonstration of this exercise please click [VIDEO LINK](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download



Fig D. a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.



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