

Calf stretch

- Both feet face forwards.
- Front knee is directly above the front ankle.
- To increase the strength of the stretch, take the back foot further back.
- To reduce the strength of



the stretch, bring the back foot nearer the front foot.

Note: the back heel is on the ground and both feet are facing forward.

Calf stretch alternatives



See which calf stretch feels best for you. There's nothing to stop you doing all 3 if it feels right and you have the time. Whichever stretch(es) you choose, hold the position still for 30 seconds and breathe.

Front of thigh stretch

- Stand tall, with your back in

your normal alignment
i.e. not arching.

- Hold your foot/ankle.

- If holding your ankle is

too much of a stretch and it's
making you arch or twist, then
try holding your sock or your
trouser leg instead. Keep your
knees close together.



Upper front thigh + groin stretch

- Have a cushion, mat or padding
under your supporting knee.

- Your front knee is directly
above your front ankle.

- Your trunk is upright.

- You should feel a stretch at
the top of your thigh/groin
on your back leg.

- If the stretch is too strong,
bring your back knee in closer.

- If the stretch is too weak take
your supporting knee further back.



Back of thigh stretch

- Put one foot up on a step

or a log or a box, depending on where you are.

- Lean forward from your hips

so your back stays straight.

- Look forward and at the

ground some distance away so that your neck stays in line with your back (instead of bending your neck down).

- To increase the strength of the stretch, put your foot up on something higher and/or lean further. To reduce the strength of the stretch, put your foot on something lower and/or don't lean as far.



Side stretch

- Reach up to the sky with one

arm then lean across until you feel a stretch in your side.

- Try not to bend forwards or

backwards. You just lean sideways. Imagine you are standing in a narrow corridor with a wall in front of you and another behind you so you can't bend forward or backwards.

- You should feel the stretch in your side rather than your back. If you feel it in your back then try reaching your stretched up arm slightly forward when



Inner thigh stretch

- Note how the foot on the bent knee

side is turned outward. It's pointing in the direction you're leaning.

- Your bent knee is directly above your ankle on that side.

- Your hips are facing forward.

- To increase the stretch on your inner

thigh, keep your legs still and try leaning slightly forward from your hips. NB/ Keep

your back straight when you lean. Imagine your top half is sandwiched front and back between rigid boards as you lean down i.e. it's purely from your hips - your back does not bend.



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Buttock stretch

- Relax your neck and shoulders.

If you can't keep your neck and shoulders relaxed while holding your thigh then try wrapping a towel round the back of your thigh and pulling the ends of the towel so that you don't have to reach as far.

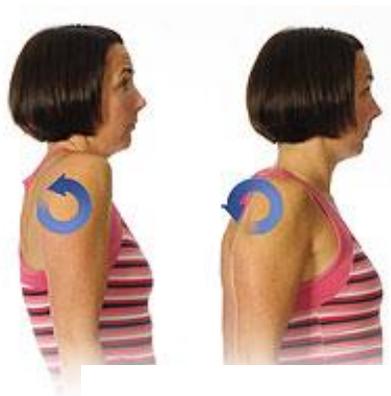


Lower neck and upper back stretch



1. Stretch your arms out in front of your body. Clasp one hand on top of your other hand.
2. Gently reach out so that you feel your shoulder blades stretching away from each other.
3. Gently bend your head forward.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Shoulder rolls



1. Sit comfortably with your feet shoulder-width apart. You can also do this exercise while standing.
2. Roll your shoulders up, then back, and then down in a smooth, circular motion.
3. Repeat 2 to 4 times.

Midback stretch



Note: If you have knee pain, do not do this exercise.

1. Kneel on the floor, and sit back on your ankles.
2. Lean forward, place your hands on the floor, and stretch your arms out in front of you. Rest your head between your arms.
3. Gently push your chest toward the floor, reaching as far in front of you as possible.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Ankle Exercise

Perform 20 to 40 ankle circles on each leg.

Knee Hug

Bring the right hip and knee to move the right thigh upward toward the chest. – Grasp the front of the right knee and use the arms to pull the right knee up further and to squeeze the thigh against the chest. – Pull the toes to the shin (dorsiflex) as the right hip, knee and ankle are fully flexed. – Keeping the torso erect, pause for a moment. Repeat the motion with the left leg.



Wide Side Lunge Pose: This is another stretch for the adductors. Start with both feet forward in a wide stance, and slowly walk your hands to your right foot while bending your right knee and rotating your left toes to the ceiling.

