



## Lower Limb Stretches

### Hamstrings (1)

#### ***Starting position***

Place your \_\_\_ heel on a low stool, with your toes pointing up to the ceiling and stand up straight

#### ***Action***

Lean forwards slightly from the hips until you feel a stretch on the back of your thigh.

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs



### Hamstrings (2)

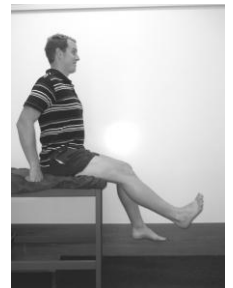
#### ***Starting Position***

Sitting on a high stool or the edge of a table, straighten your back so that your spine is in a neutral position.

#### ***Action***

Slowly straighten your \_\_\_ knee. Do not let your back slouch. When you start to feel a stretch in the back of the thigh, sit up even straighter.

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs



### Quadriceps

#### ***Starting Position***

Standing at a wall for support.

#### ***Action***

Bend your \_\_\_ knee and bring your heel towards your buttock. Ensure that your knees stay level. Tighten your buttocks slightly. Do not lean forwards.

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs





## **Piriformis**

### ***Starting Position***

Lying on your back. Cross your \_\_\_ heel over on to your \_\_\_ knee and let the hip relax outwards. Hold on to your \_\_\_ thigh.

### ***Action***

Pull your thigh towards your chest to feel a stretch in your buttock

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs



## **Calf (1)**

### ***Starting Position***

Stand in a walking position, with the leg to be stretched straight behind you and the other leg bent in front of you. Use the wall for support. Ensure that your toes are pointing forwards to the wall. Lift the inside arch of your foot slightly.

### ***Action***

Lean your body forwards until you feel the stretching in the calf of the straight leg. Keep the heel on the ground.

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs



## **Calf (2)**

### ***Starting Position***

Stand in a walking position with the leg to be stretched behind you. Use the wall for support. Ensure your toes are pointing forwards. Lift the inside arch of your foot slightly.

### ***Action***

Bend the back leg and let your body sink downwards towards your back heel to feel the stretch in the calf. Keep your heel on the ground.

Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs





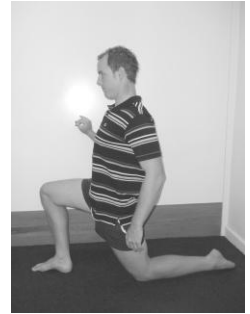
## **Hip flexors**

### ***Starting Position***

Kneel on the floor as shown with the \_\_\_ leg behind. Keep your spine straight in a neutral position.

### ***Action***

Lunge forwards on to the front leg keeping your back upright (do not bend your back). You should feel a stretch across the front of the groin of the leg that is behind



Hold \_\_\_ seconds and repeat \_\_\_ times on \_\_\_ leg / both legs