



Personal exercise program

Lower Limb stretches

New Forest Physiotherapy Southampton
Gang Warily Recreation Centre, Fawley SO45 1GA
Unit 311 Solent Business Centre, Southampton SO15 0HW
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Rosy Challis
Provided for
Training start date 1/14/2016



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Stand in a wide walking position. Put both your hands on the knee in front of you and keep the other knee straight.

Push your hip forwards and down keeping your back straight. You should feel the stretch in the front of the hip and thigh of the straight leg.

Hold stretch 30 secs.

Repeat 3 times.



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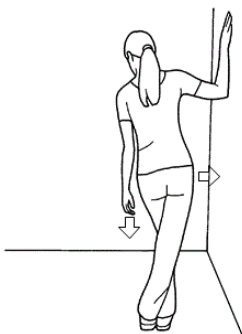
Repeat these stretches 3 times per day, and always after exercise. Each stretch should be held for at least 20 secs. For more of a stretch hold up to 60 secs and push gently further as your muscles loosen during the stretch.

ITB Stretches

Sit on the floor with one leg straight and the other leg crossed over it.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 20 secs.

Repeat 3 times.

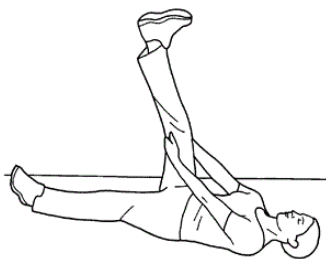


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Stand with your left leg crossed in front of your right leg. Keeping your body upright, push your hips across to the right side and slide your left hand down towards the floor on the left side. You should feel a gentle stretch over the outside of the right hip.

Hold stretch for 30 secs

Repeat 3 times on both sides



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Hamstring Stretches

Lying on your back. Lift your leg towards your chest. Place your hands behind the knee.

Gently pull your leg towards your chest. Feel the stretch behind your thigh.

Hold 30 secs.

Repeat 3 times.



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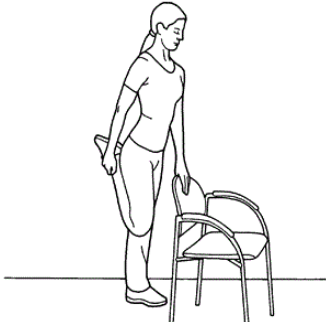
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Stand with the leg to be stretched on a footstool.

Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Hold stretch 30 secs.

Repeat 3 times.



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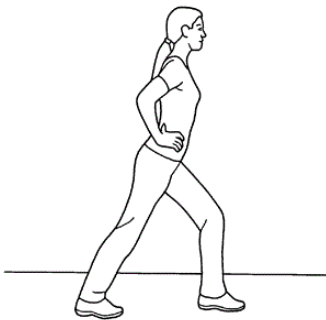
Quads Stretch

Stand holding on to a support with one hand and to the ankle with the other hand.

Pull the ankle towards your bottom, feeling a stretch in your thigh.

Hold 30 secs.

Repeat 3 times.



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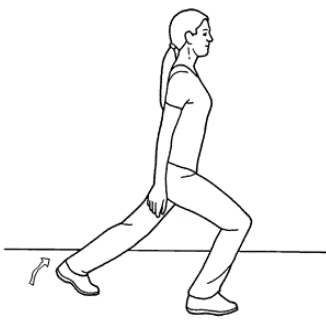
Calf stretches

Stand with your feet hip width apart and take a step forward.

Lean forwards keeping your back heel on the floor until you can feel a stretch in your rear calf. Keep your upper body in line with your back leg.

Hold 20 secs.

Repeat 3 times.



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Foot Stretch

Stride standing with your painful foot back. Lift your heel up, keeping your toes on the floor, gently bending the back knee. Feel the stretch across the bottom of your foot.

Hold 20 secs

Repeat 3 times.



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Lying face down.



Bend your knee and hold on to your ankle. Pull your heel towards your shoulder blades. Feel the stretch on the front of your thighs. Hold approx. 20 secs. - relax.

Repeat _____ times.

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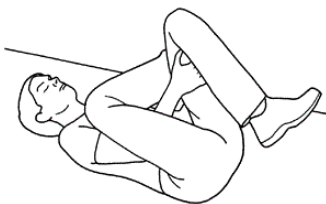


Stand with legs astride and straight.

Bend one leg and put your hands on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg. Hold approx. 20 secs.

Repeat _____ times.

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Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in you buttock.

Repeat _____ times.

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