

Hold all stretches for 30 seconds repeat 3 times each side.

Tick the required exercise below

1. Hamstring Stretch



- Sit with one leg straight out in front and your other leg bent. Keep your back straight
- Keeping your knee straight, reach towards your ankle with both hands.

2. Lazy Hamstring



- Lie on your back. Place one leg up against the door frame and the other leg through the door.
- Both your knees should be straight and your hips should be on the floor with no bottom lifting.

3. Soleus stretch



- Stand with one foot in front of the other facing a wall.
- Rest your hands on the wall and make sure that your feet are facing forwards.
- Bend both your knees, keeping both of your heels on the floor and push your bottom back.

4. Hip flexor stretch



- Kneeling on the floor, take one leg forward and keep your body upright.
- Feel a stretch at the front of your back leg.

5. Active calf stretch



- Stand facing a wall and position your feet one in front of the other, feet facing forwards. Lean into the wall for support.
- Bend your front knee, keeping your back knee straight. Feel a stretch in the back of your calf muscle. Keep both heels flat on the floor as you stretch.

6. Towel calf stretch



- Keep both your knees straight. Place a towel around your
- Holding onto the towel with both hands, pull the towel towards you, pulling your foot back towards you.

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Tick the required exercise below

7. Calf stair stretch



- Place your feet on the edge of the bottom step.
- Keeping your knees straight, allow your heels to slowly drop towards the floor.

8. Quadriceps stretch prone



- Lie on your tummy. Place your hand around your ankle and bring your heel to your bottom.
- Keep your tummy on the floor

9. Quadriceps stretch supine



- Keep your lower back flat against the bed.
- Wrap a towel around your foot; allow your leg to hang down off the edge of the bed. Allow your knee to bend.
- Pull the towel back towards you, pulling your foot towards you.

10. Through the key hole



- Place one foot onto the opposite thigh. Hold the back of the thigh and pull towards your body.
- Hold for 30 seconds
- Doing 3 each leg.

11. ITB foam roller



- Lie on your side with a foam roller under the side of your leg.
- Roll your leg back and forth over the foam roller.
- Repeat 10 times

12. Frog legs



- Lie on your back, keeping your lower back against the floor.
- Keep your feet together and allow both knees to drop out to the side.

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