


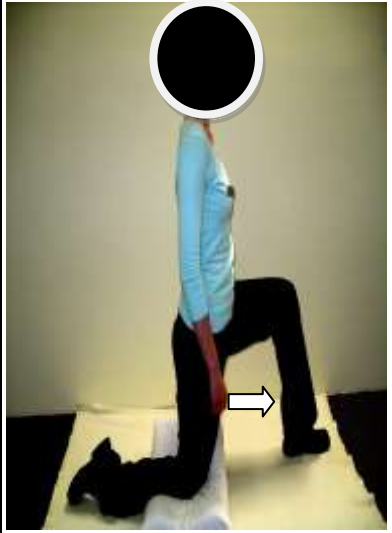
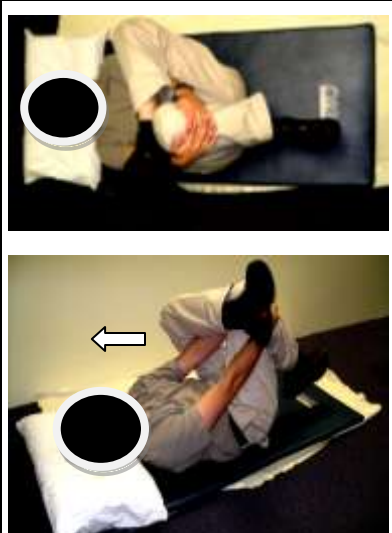






Lower Limb Stretches

Picture	Exercise
	<p>Quadriceps (a)</p> <ul style="list-style-type: none"> • Stand up tall • Pull foot up to your bottom with your hand (same side) • Squeeze your bottom and don't arch your back • You should feel a stretch in the front of your thigh <p>Hold_20_s Repeat_10_times.</p>
	<p>Quadriceps (b)</p> <ul style="list-style-type: none"> • Stand up tall • Pull foot up to your bottom (opposite side) with your opposite hand • Squeeze your bottom and don't arch your back • You should feel a stretch in the outer part of the front of your thigh <p>Hold_20_s Repeat_10_times.</p>
	<p>Iliotibial Band (a)</p> <ul style="list-style-type: none"> • Lying on your side • Bring foot to your bottom (top leg) • Bring the foot of your lower leg and place it on the other knee pushing the other knee down • You should feel a stretch on the outside of the thigh of your top leg <p>Hold_20_s Repeat_10_times.</p>




Lower Limb Stretches

Picture	Exercise
	<p>Hip Flexors</p> <ul style="list-style-type: none">• Kneel on one knee• Keep your hips facing forward and your back straight• Squeeze bottom• Lean forward, don't arch your back.• You should feel the stretch at the front of your hip <p>Hold_20_s Repeat_10_times.</p>
	<p>Piriformis</p> <ul style="list-style-type: none">• Lying on your back• Keep your knees bent• Place ankle on the other knee• Pull the other knee towards your chest• You should feel a stretch in your bottom (the side of the leg you crossed over) <p>Hold_20_s Repeat_10_times.</p>
	<p>Adductors/ groin</p> <ul style="list-style-type: none">• Sit up tall• Place your heels together• Let your knees drop out to your sides• Pull your feet towards your groin• You should feel a stretch in the insides of your thighs <p>Hold_20_s Repeat_10_times.</p>

Lower Limb Stretches

Picture	Exercise
	<p>Hamstrings (a)</p> <ul style="list-style-type: none">• Sit up tall and straighten your back, chin up• Place one leg out straight, toes to the ceiling• Bend the other leg up and rest your foot on the inside of the thigh• Lean forward from your hips• You should feel a stretch on the back of your thigh <p>Hold_20_s Repeat_10_times.</p>
	<p>Hamstrings (b)</p> <ul style="list-style-type: none">• Lie on your back• Lift one leg up towards your chest knee bent• Slowly straighten your knee• You should feel a stretch on the back of your thigh <p>Hold_20_s Repeat_10_times.</p>
	<p>Hamstrings (c)</p> <ul style="list-style-type: none">• Stand up tall• Place one leg on a chair, keeping knee slightly bent• Slowly slide arms down your leg• Bending from hips and keeping your back straight• You should feel a stretch in the back of your thigh <p>Hold_20_s Repeat_10_times.</p>

Lower Limb Stretches

Picture	Exercise
	<p>Calf (a) straight knee</p> <ul style="list-style-type: none"> • Facing a wall place your hands on the wall • Step one leg backwards • Keep the back knee straight and the heel on the ground • Make sure both feet are facing forward • Slowly bend the front knee and lean towards the wall • You should feel a stretch on the calf (back leg) <p>Hold_20_s Repeat_10_times.</p>
	<p>Calf (b) bent knee</p> <ul style="list-style-type: none"> • Facing a wall place your hands on the wall • Step one leg backwards • Bend the back knee and keep the heel on the ground • Make sure both feet are facing forward • Slowly bend the front knee and lean towards the wall • You should feel a stretch in the calf (back leg) <p>Hold_20_s Repeat_10_times.</p>
	<p>Evertor stretch</p> <ul style="list-style-type: none"> • Standing facing a wall • Place your foot on the outside of your other foot • Keep your knees slightly bent • You should feel a stretch on the outside of your shin <p>Hold_20_s Repeat_10_times.</p>

All exercises are to be done with respect to pain. There should be no exacerbation of pain during or after the exercises.

Please consult your Health Practitioner for a full assessment and diagnosis before commencing any of these exercises.