

Hip Flexor Stretch

Half kneeling.



Down on one knee, lunge forward (pushing your hip forwards) while keeping a tall posture. Hold approx. 30 secs. - relax.

Repeat 3-5 times.

Quadriceps Stretch

Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.



Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 30 secs.

Hamstring Stretch - Right leg (Sitting)

Sit with your right leg straight, and the left leg comfortably bent. Reach forwards with your right hand to grip the sole of your foot. Press your left hand on to your knee to maintain knee extension. Maintain spinal alignment, gently curving throughout the whole spine.



Hold for 30 secs.

Repeat 3-5 times.

Groin Stretch

Sit on the floor with the soles of your feet together and as close to your groin as you can.



Push your knees down towards the floor. You will feel the stretching on the inside of your thighs. Hold approx. 30 secs. - relax.

Repeat 3-5 times.



Iliotibial Band Stretch

Stand with your legs crossed and holding on to a support.

Keeping your body, knees and feet straight forward lean into the wall with your hips until you can feel the stretching on the outside of your hips and thighs. Hold approx. 30 secs. - relax. Repeat with the other leg in the front.

Repeat 3-5 times.



Piriformis Stretch Lying

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 your buttock.

Hold for 30 secs.

Repeat 3-5 times.



Piriformis Stretch Sitting

Sitting on a chair with your foot on the opposite knee.

Gently push your knee towards the floor.

Hold for 30 secs.

Repeat 3-5 times.



Gastrocnemius

Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Hold for 30 secs.

Repeat 3-5 times.

Gastrocnemius Stretch

Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.



Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 30 secs. - relax. Stretch the other leg.

Repeat 3-5 times.

Soleus Stretch

Stand in a walking position with the leg to be stretched behind you. Hold on to a support.



Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 30 secs. - relax.

Repeat 3-5 times.

Anterior Tibial Stretch

Kneel on all fours, sit back onto your ankles, pressing the anterior aspect of the ankles to the floor.



Hold for 30 secs.
Repeat 3-5 times.