

# LOWER LIMB STRETCHES



## GLUTEAL STRETCH

Sit on a chair and place your ankle on your opposite knee. Maintaining a straight back, bend forwards from the hips until you feel a stretch. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily



## HAMSTRING STRETCH

Sitting on the floor with leg slightly bent at the knees and the other bent with your foot against your inner thigh, lean forward with a straight back until you feel a stretch in your hamstrings. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily



## GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Make sure feet point straight ahead. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily



## SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily



## QUADRICEPS STRETCH

Standing, bend your knee, grasp your ankle and pull towards your buttock until you feel a stretch in your quadriceps. Ensure your pelvis is tilted backwards. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily



## HIP FLEXOR STRETCH

Half-kneeling, rotate your pelvis backwards as you move your hips forward until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: 1 x daily