

The hip adductor stretch

Sit on the floor or firm bed. Place a folded towel under your backside to keep your pelvis tilted forward. Place the soles of your feet together. Grip your feet and push down on your knees using your elbows. Keep your tummy tucked in, spine straight and look up.



The ilio-tibial band stretch

Lie on your back on the floor or a firm bed. Place the foot flat on the floor with the knee bent at 90 degrees. Hook the calf of the other leg over the top of this knee. Place your hands on the top of each pelvic bone and push down to stop the pelvis rotating. Press the calf against the bent knee to rotate that hip inwards.



The lower back stretch

Lie on the floor or firm bed and bring your knees up towards your chest. Grip the front of your knees and pull them towards your chest.



The Gluteal stretch: Lie on the floor with your legs straight. Bend one knee and pull it upwards and across towards the opposite shoulder.



Please note: you should not feel any long-lasting pain when performing these exercises. Only the sensation of a stretch which should stop at the end of the activity. If you have any concerns, cease the exercise and contact your Podiatrist.

Please telephone us to make an appointment:

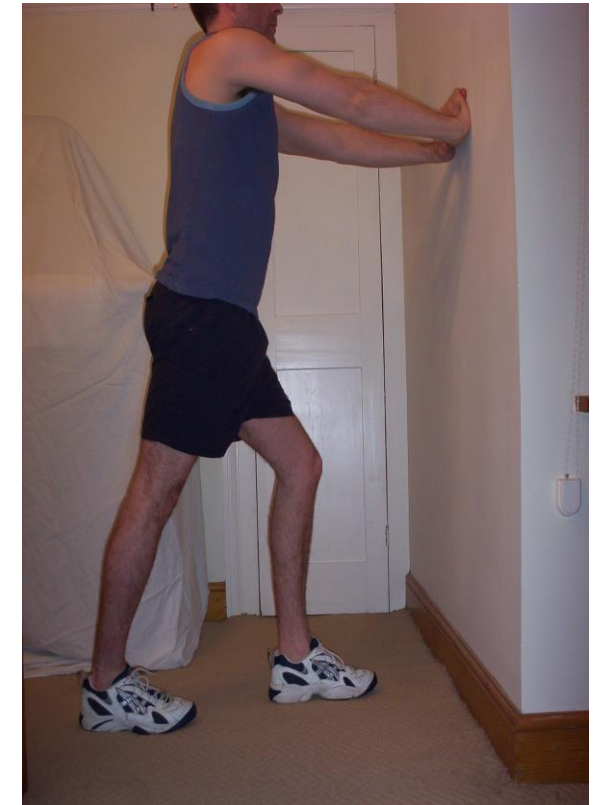
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Stretching Exercises Back & Legs (Level one)



Head & Short
PODIATRISTS LTD

Why stretch?

Increasing your flexibility may help to resolve pain, prevent injury and improve the suppleness of your muscles and tendons. Flexibility exercises should be incorporated into an overall fitness programme, sufficient to develop and maintain range of movement. Flexibility is as important as strength, stamina, balance and co-ordination (please ask the Podiatrist for other exercise leaflets).

Are these stretches for me?

Level one flexibility exercises can be performed whether you are an athlete or recreational walker, regardless of age. These exercises are suitable if you have a chronic overuse injury or wish to improve your general wellbeing. In addition, these exercises should be performed if you have been fitted with orthoses (insoles) or corrective shoes (anti-pronatory trainers)

Warm up!

You must warm up for 10-15 minutes, before exercising. Use passive heat in the form of a shower or sauna if recovering from an injury; or an active warm up like a gentle jog on the spot or light aerobics. The intensity of the warm up should produce mild sweating. This can be achieved by wearing several layers of clothing. Clockwise and counter clockwise movements of the foot must be performed.

Warm down!

To prevent soreness following stretching shake your muscles to loosen and relax them; and drink plenty of water.

How Often?

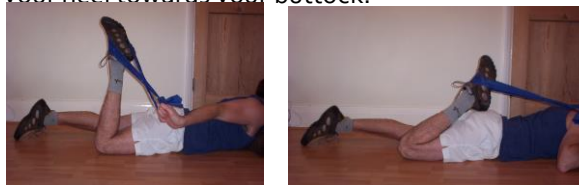
Stretches should be performed daily; aim to perform two sessions per day. Static stretches should be held for 30 seconds (unless stated otherwise). Repeat each stretch five times for each leg. If short of time choose stretches specific to your preferred activity.

Contraindications

Please do not perform these exercises if you are pregnant, suffer from loose joints, have had a joint or muscle problem, or spinal disc disorder. If you are recovering from an injury these exercises are only suitable for individuals who have past the acute stage(5-7days) and the inflammation has subsided. If unsure, please consult your Podiatrist.

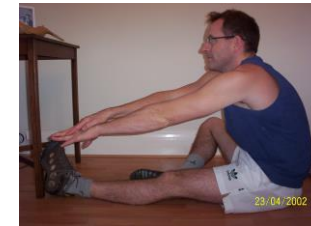
The rectus femoris band with stretch

Lie on the floor or firm bed and bend one knee. Loop a band around the ankle of the bent leg and pull your knee into flexion (bent position), bringing your heel towards your buttock.



The Hamstring Stretch

Sit with one leg straight with the foot upright against a wall. Bend and rotate out the other knee. Reach forwards with both hands as far down the straight leg as you can. Maintain knee extension, keep your tummy tucked in and do not twist your spine. Do not allow the foot to flop down or the knee to bend



The hip flexor stretch

Lie on a firm bed with one leg over the edge. Flex the opposite hip and knee and pull that knee towards your chest.

