

Stretches

Gastroc Calf Stretch:

Standing on the edge of a step with your knee straight, drop your heel down towards the ground. Ensure your hips are square facing forward and not rotated. You should feel a muscular stretch through the back of your lower leg – there should not be any ankle pain with this stretch.

Glute Stretch:

In long sitting, cross one leg across the other and pull your knee towards your chest. You should feel a muscular stretch through the outside of the hip that is crossed over.

Hamstring Stretch:

Place your heel out in front of you with your knee slightly bent. Keeping your back straight and hips square, hinge forward to bring your chest towards your knee. You should feel a muscular stretch through the back of your thigh.

Piriformis Stretch 1:

Sitting with your knees bent and arms supporting you, cross one leg over the other. Gently push your bent knee towards the ground and sit up tall. You should feel a muscular stretch in the back of your hip.

Piriformis Stretch 2:

Lying on your back with your knees bent, cross one leg over the other. Grabbing the back of your knee, pull your thigh towards your chest, keeping your back flat against the ground. You should feel a muscular stretch in the back of your hip.

Quad Stretch:

Standing, bend one knee behind you and hold your foot. Ensure that you are not arching through your back and keep your hips facing forward over your toes. You should feel a muscular stretch through the front of your thigh.

Soleus Calf Stretch:

Standing on the edge of a step with your knee slightly bent, drop your heel down towards the ground. Ensure your hips are square facing forward and not rotated. You should feel a muscular stretch through the back of your lower leg, near your achilles – there should not be any ankle pain with this stretch.