

Leg Exercises.



Hamstrings Exercises.

1. Sit on the floor with legs out straight, toes pointing forward.
2. Inhale and raise arms above the head.
3. Exhale and slowly lean forward reaching towards the toes, going as far as you comfortably can.
4. Maintain position for 3 - 4 breaths, bending gently forward on each out breath.
5. Repeat 10 - 15 times.
6. Try exercise with toes pointing up and notice any difference in the lower leg.

Note: lean forward from the waist - this allows greater stretch in the hamstrings and less strain on the back



Quads Exercises.

1. Stand to the side of a wall or a chair (for balance and support).
2. Begin with a neutral pelvis, bend left heel towards buttock and grasp with left hand (right hand may hold onto wall or chair if needed).
3. Keeping knees as close together as possible and slightly push pelvis forward. This places a greater stretch on the quads.
4. Hold for 3 - 4 breaths.
5. Repeat 5 - 6 times one side, then the other.

Note: it is important that the pelvis remains in neutral otherwise too much strain can be placed on the low back.



Adductors Exercises.

1. Sit on floor with knees bent, the soles of your feet touching each other.
2. Grasp both feet with your hands.
3. Allow gravity to let your knees drop towards the floor.
4. Inhale and slightly raise knees off the floor. Exhale and allow gravity to take them further.
5. A greater stretch can be obtained by pushing down with your elbows onto your knees.
6. Repeat exercise 10 - 15 times.

Note: Try to remain in an upright position as possible.

Leg Exercises.



Calf (Gastrocnemius) Exercises.

1. Stand behind a chair or in front of the wall.
2. Start with the left leg approx 2 shoulder widths apart (or as far back that the left foot remains flat on the floor and the knee is locked).
3. Slowly bend the right leg at the knee. You should feel a stretch in the back of the calf region.
4. Hold for 4 - 5 breaths. On each out breath, increase stretch in let leg.
5. Repeat stretching the right leg.



Calf (Soleus) Exercises.

1. Similar stance to above exercise ,but with feet closer together
2. Inhale and on exhalation, slowly bend the left knee feeling the stretch in the calf region.
Slowly
3. Hold for 4 - 5 breaths. On each out breath, increase stretch in let leg.
4. Repeat stretching the right leg.