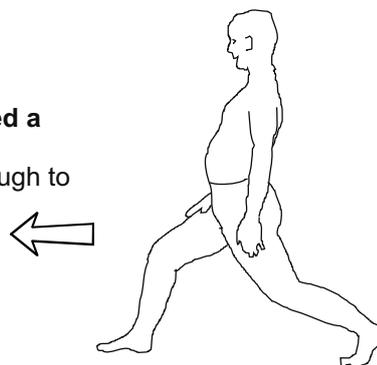


## LEG STRETCH EXERCISES

### Number 1:

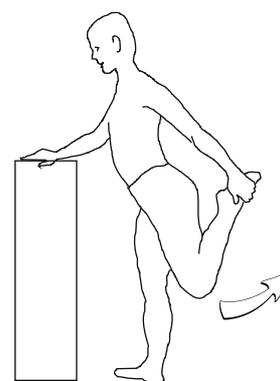
1. Take a big step forward with one leg (hold onto something)
2. Now bend the front knee whilst keeping your back leg fairly straight  
**Don't let your front knee go past your front foot, if it does, you need a bigger step forward**  
Keep an upright posture whilst doing this but don't lean backwards enough to cause any discomfort in your low back  
**You may feel this pull in the front of your groin or deep in the abdomen**



Repeat  
times per day

### Number 2:

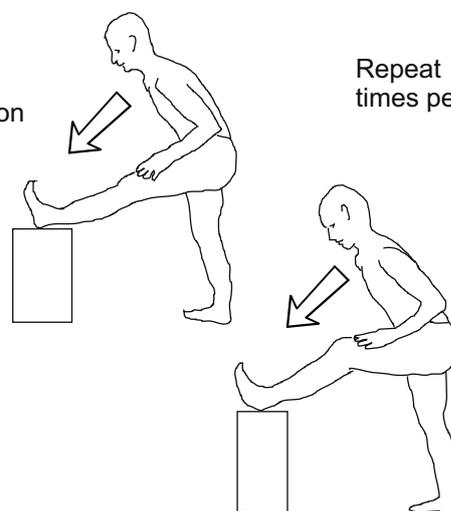
1. Hold onto something with one hand for balance
2. Now use your other hand to grab your foot (if you can't reach your foot, grab your trousers or "lassoo" your foot with a belt)  
**Don't force your knee to bend too far by pulling your foot too close to your buttock**
3. Now swing your knee backwards until you feel a stretch in the front of your thigh (If it isn't pulling, it isn't stretching)  
**Stay upright but don't arch your back**



Repeat  
times per day

### Number 3:

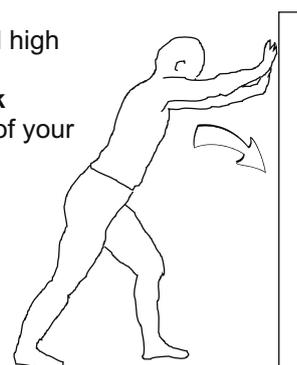
1. Rest the heel of one foot on a chair (it helps to balance if you put one hand on your knee)
2. Keep the knee as straight as possible and lean forward at the waist  
This should pull in the back of your thigh  
**Don't do this exercise if it causes lower back pain**
3. To pull higher up the back of your thigh (this depends where your injury is), bend the knee slightly before you lean forward



Repeat  
times per day

### Number 4:

1. Stand about 4 feet away from a wall
2. Step forward with one foot and place both hands on the wall about head high
3. Now bend both arms and the front knee  
**Move your head near to the wall and avoid arching your lower back**  
Keep both feet flat on the floor and you should feel this pull in the back of your Calf muscle  
(Just bend the back knee slightly to stretch lower into the calf and achilles, but you still need to keep the feet flat so may need to move a little nearer the wall)



Repeat  
times per day