

Instructions for Stretching

- Attempt to perform the stretches at least 3 times a day
- Perform ___ repetitions
- Hold the stretch for 30 seconds
- Do not 'bounce'
- Remember to hold your tummy muscles in during all the stretches to help stabilise your back
- Only do the exercises prescribed
- If you experience undue discomfort stop the exercise programme and contact your podiatrist as detailed below by phone or email.

If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website: www.livewellsouthwest.co.uk/project/podiatry

Contact Details

Podiatry Services
Beauchamp Centre
Mount Gould Hospital
200 Mount Gould Road
Plymouth
PL4 7QD

Tel: 01752 434855

Email: livewell.podiatrypatients@nhs.net

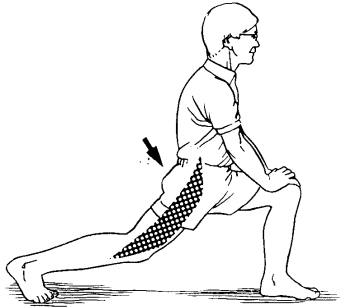
Podiatry Services Patient Information Leaflet



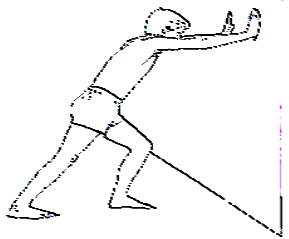
Lower Limb Muscle Stretching Exercises

(Version 2. April 2016)

Hip Flexor Muscle Stretches □

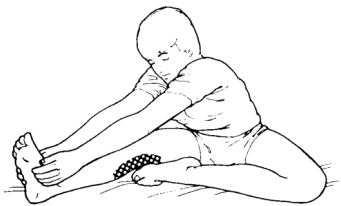


- Move your hip forward, keeping the torso upright & back leg stretched out
- Keep the front knee directly above the foot
- Don't keep the front knee at such an angle that it is in front of the ankle, since this hinders the real stretch in the hip.



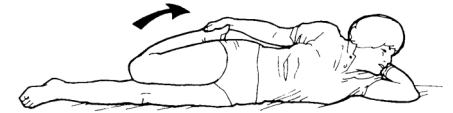
- Lean against a wall with your back leg straight & front leg slightly bent
- Keep toes pointing straight ahead
- Keep your bottom tucked in, lean towards the wall, keeping your heel in contact with the ground

Hamstring Muscle Stretch □



- Sitting, bring the sole of your bent leg to the inner thigh of your straight leg
- Lean forward and grasp the ankle of your straight leg with both hands
- Keeping the leg straight, pull your upper body down towards your feet

Quadriceps Muscle Stretch □



- Lying on your side, reach back and take your upper foot and pull it up toward your buttocks
- Repeat with other leg while on your other side
- Keep your knees together and thigh in line with the torso

Adductor Stretches □

- Lean against a wall with your back leg straight and front leg slightly bent.
- Point toes of back foot away from the body towards 3 o'clock and lean into the stretch
- Keep your bottom tucked in and lean towards the wall.



External Hip Rotator Stretches □

- Sitting, bend one leg and cross it over the other leg which is straight
- Push the opposite elbow against your bent knee and force buttocks towards the floor



Hip Extensor Muscle Stretch □

- Lying on your back with both knees bent, cross the left leg over the right
- Pull your right knee toward your chest
- Feel a stretch in the buttocks on your left side - repeat on opposite side

