

Standing Leg Stretches

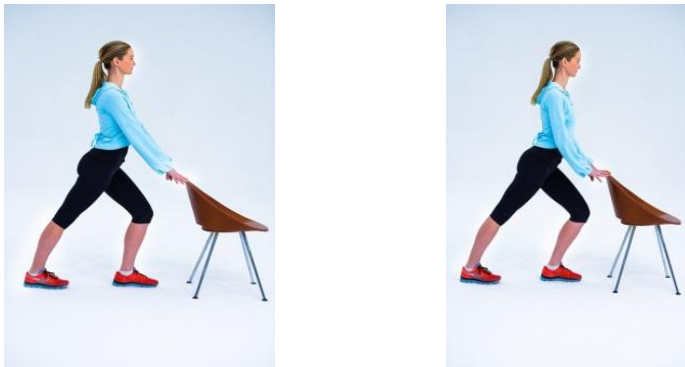
Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

1. Lunges/hip flexor stretches



This exercise helps to stretch the hip flexors and the calf. Stand on your knees then place one foot in front by bending one of your knees. Slowly shift your weight onto the front leg and allow the knee to bend to the point where the front of the knee is level with the toes. Meanwhile hold the heel of the back leg down on the ground. Hold this position for around 5 seconds and then swap legs. Repeat 5 times each leg.

2. Calf stretches



This exercise stretches the calf muscles. Start with one foot in front of the other (as though walking) with the toes pointing forwards. Lean forward onto a support until a stretch is felt on the calf of the back leg. Hold this position with the back knee straight for 20 secs and then bend the knee of the back leg and hold this for a further 20 secs. Repeat this twice each way.

3. Thigh stretches



This exercise stretches the thigh muscles and hip flexors. Stand upright with your left hand holding onto a support. Bend the right knee far enough to feel a comfortable stretch in the thigh muscle. Extend the stretch further by straightening the hip slightly. Hold this for 20 secs, twice on each leg.