

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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Leg Stretches

HAMSTRINGS



Option 1: Standing, rest one extended leg up on a chair. Stick your butt out and gently bend forward, keeping your leg straight, until a stretch is felt in the back of you thigh & knee.

Option 2: Stand and bend your torso forward & down, while sticking your buttocks up, till you feel the stretch. Hold either position for approx 10-15 secs & repeat 3x.

SHORT ADDUCTORS/GROIN



Sit in a lotus position with your knees bent, feet together and your heels as close to your body as possible. Gently rest your elbows on your knees and lean forward until a stretch is felt in your inner thighs & groin. Hold for approx 10-15 secs & repeat 3x.

GASTROCS & SOLEUS/CALVES

Stand facing a wall. Then rest one foot up against a wall with your leg straight. Gently lift your back heel up, moving your body closer to the wall until a stretch is felt. Then rest your back heel whilst bending your stretching knee. The second stretch should be felt lower in the calf. Hold each position for approx 10-15 secs & repeat 3x, both legs.



LONG ADDUCTORS/INNER THIGH

Stand with legs wide apart and feet facing front. Lean to one side until a stretch is felt in your inner thigh. Hold for approx 10-15 secs & repeat 3x, both sides.



QUADRICEPS

Standing, hold one leg back at the knee & hold in position just above your ankle. Keep your torso straight. A stretch should be felt in the front of your upper thigh. Hold for approx 10-15 secs & repeat 3x, both legs.



Isn't it time for a positive change in your life?
Massage is one of the safest and most enjoyable ways to promote good health and well-being.
So why not let us help you feel better.