

Stretching the lower limb

Stretches:

- Are designed to produce both muscle and joint flexibility.
- Should never be painful.
- A sustained stretch of 15 seconds or longer is preferable.
- Following injury, stretch should be felt at the site of the lesion, without pain.
- Over stretching may aggravate the problem.
- Body position is of utmost importance for an effective stretch.
- The best results are achieved by stretching a little bit, often.

QUADRICEPS

- opposite hand holds foot
- use other hand to balance if necessary



CALF

- feet pointing forwards
- back straight
- lunge forwards with knees bent
- heel remains on ground



SOLEUS



GASTROCNEMIUS

- same position as soleus, but knee is straight

GROIN

- Keeping back straight, lean trunk forward, changing body position as shown.



- push knees towards floor

HAMSTRINGS



- feet and pelvis pointing forwards (stretch both)

- back straight when leaning forward
- knee is straight
- change body or foot

- foot turned out, taken across body (lateral hamstring)



- foot turned in, placed away from body (medial hamstring)

TESSOR FASCIA LATA/ILIO-TIBIAL BAND



- step behind with leg to be stretched, this leg straight
- let other knee relax as it



- weight on leg to be stretched, knee straight
- this hip pushed to side
- other leg forward, let this knee bend as

BUTTOCK STRETCHES



- keep both buttocks on ground with back straight
- press against knee as shown while turning leg away from body

- pull knee to chest
- both buttocks stay on ground



- place foot against knee, hands linked below
- pull towards chest

