

Stretches

1. Back of Thigh

(Hamstrings)

- One leg in front of the other, straight knee
- Hands on bent knee or hips
- Sit back on support leg, with bottom out and back straight
- You should feel the stretch on the back of the thigh of the straight leg

2. Front of Thigh

(Quadriceps)

- Knees level
- Support leg slightly bent
- Stand tall with tummy in
- You should feel the stretch on the front of the thigh

3. Inside Thigh

(Adductors)

- Stand with feet a little over shoulder width apart
- Feet face forward
- Lean to one side, bending that knee without bending at the waist
- You should feel the stretch on the inside thigh of your straight leg

4. Back of Lower Leg –Calf

(Gastrocnemius)

- Toes point forward
- Knee straight
- Heels of rear foot flat on floor
- You should feel the stretch at the back of the rear lower leg

5. Back of Lower Leg – Calf

(Soleus)

- Toes point forward
- Knees slightly flexed
- Heels flat on the ground
- You should feel the stretch in the lowest part of calf of the rear leg

6. Outside of Thigh & Hip

(Iliotibial Band)

- Cross left foot behind right
- Slightly flex the left knee
- Push hip of left leg to the left (away from centre of body)
- Swap legs

7. Side of Trunk

- Stand with feet a little over shoulder width apart
- Keep back straight
- Take arm over head
- You should feel the stretch down the side of your trunk

