



1 rep, 1 set, 1 s hold

### 1. Quads stretch - stand

Stand up straight, close to a wall or supportive surface. Bend your knee on the affected leg, taking your heel towards your buttock. Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh. Ensure you keep your knees together. Hold this position.



3 reps, 1 set, 30 s hold

### 2. Calf 1 (gastrocnemius)

Stand facing a wall, a pole or other support. Place both hands on the wall at chest level. Put one foot behind you and keep that foot flat on the floor. Bend your other knee and lean in towards the wall. Repeat on the opposite side.

- 30 seconds each side VERY gentle (think about 20% of your maximum)

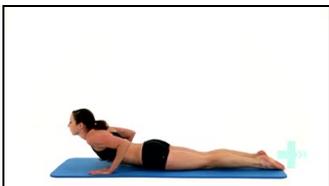


1 rep, 3 sets, 30 s hold

### 3. Soleus muscle stretch [30200]

Place both hands against a wall and one foot in front of the other a comfortable distance apart. Lean in towards the wall and bend both knees and then move back into the stretch. You should feel a stretch, not pain, in the lower calf or achilles area.

- Gentle!



3 reps, 1 set, 30 s hold

### 4. Tibialis anterior stretch 2

Lie down on the mat. Keep your feet flat so that the tops of your feet are on the mat. Lift your chest up into a cobra position, pushing your shins into the floor until you feel a stretch down the front of your shins and ankles. Rest back down before you lift up into the cobra position again, keeping your ankles flat on the ground.



3 reps, 1 set, 30 s hold

### 5. Hip flexor stretch kneeling

Kneel on the floor and place the unaffected foot in a large stride in front of you. Push the hips forwards evenly and keep your body straight until you feel the stretch in the front of the hip on your back leg. Hold this position.

- Try with foam roller under knee



### 6. Pigeon stretch

Start on your hands and knees. Cross the symptomatic leg underneath you, then lower your hips down to the ground. Rest your body forwards on your arms. You should feel a stretch across the buttock.

3 reps, 1 set, 30 s hold



### 7. Prone quad stretch with strap

Place the strap around your foot and lie face down. Pull on the strap, bringing your heel towards your buttocks, until you feel a stretch in the front of your thigh. Make sure you keep your knees together throughout the stretch.

1 rep, 3 sets, 60 s hold



### 8. Hamstring stretch with strap

Lie on your back with a strap around the foot of your affected leg. Pull the knee in towards your chest, then straighten the leg up towards the ceiling until you feel a stretch in the back of the thigh. Hold this position.

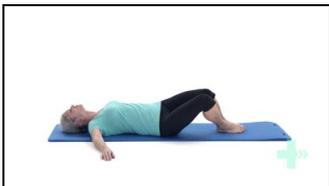
1 rep, 1 set, 1 s hold



### 9. Downward dog

Start on your hands and knees. Place your toes on the mat and press your hips back and up toward the ceiling. Slightly bend your knees and lengthen the spine. Push the floor away from you and straighten out your legs, pressing your heels down toward the floor.

1 rep, 1 set, 45 s hold



### 10. Supine knees side to side

Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times. Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side. Only drop your knees as far as you go comfortably. Hold the stretch on each side if you are able to.

10 reps, 1 set, 5 s hold