

Physiotherapy

Stretches

This programme offers exercises to aid your fitness and wellbeing. It is provided by KMPT Physiotherapists. As we have not met you or assessed your personal fitness level and risk factors, please ensure that you check with your doctor or medical professional to complete the 'fitness to exercise' assessment form prior to starting this exercise routine.

If you feel dizzy, experience pain or any new symptom during exercise, please stop immediately and seek advice from your Doctor.

Use this routine to cool down after a workout to gradually relax, improve flexibility and slow your heart rate.

These gentle stretches should take about 5 minutes. Spend more time on them if you feel the need.

With special thank to Anna Hargrave, Anna Verdeuzeldonk and Kathryn Harris for putting together this document.



Buttock and hip stretch

Hold for 10 to 15 seconds



1. Lie on your back and bring your knees up to your chest. Hold for 10-15 seconds.
2. Cross your left leg over your right thigh.
3. Grasp the back of your right thigh with both hands.
4. Pull your left leg towards your chest. Hold the stretch
5. Repeat with the opposite leg.

Hamstring stretch

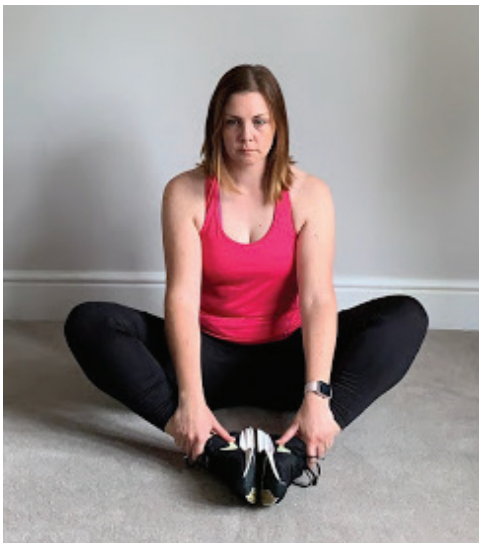
Hold for 10 to 15 seconds



1. Lie on your back and raise your left leg.
2. Hold your left leg with both hands, below your knee.
3. Keeping your left out straight on the floor, or bent with your foot on the floor.
4. Pull your right leg towards you keeping it straight.
5. Repeat with the opposite leg.

Inner thigh stretch

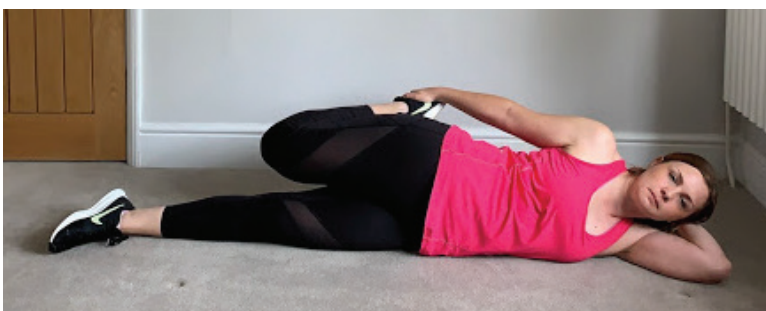
Hold for 10 to 15 seconds



1. Sit down with your back straight and your legs bent.
2. Put the soles of your feet together.
3. Holding on to your feet, try to lower your knees towards the floor.

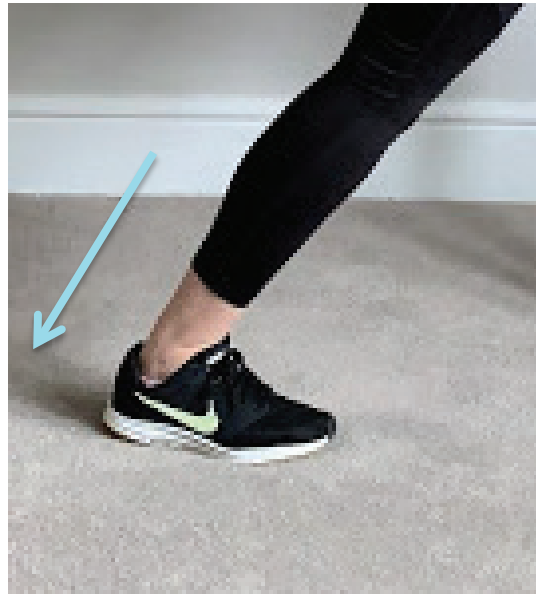
Thigh stretch

Hold for 10 to 15 seconds



1. Lie on your left side.
2. Grab the top of your right foot and gently pull your heel towards your right buttock to stretch the front of the thigh.
3. Keep your knees touching.
4. Repeat on the other side.

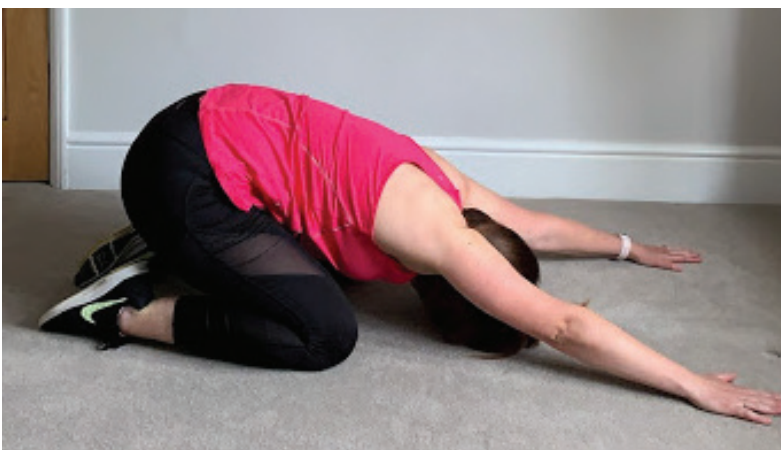
Calf stretch



1. Step your right leg forward, keeping it bent, and lean forwards slightly.
2. Keep your left leg straight and try to push the left heel to the ground.
3. Repeat with the opposite leg.

Child's pose stretch

Hold for 10 to 15



Cat stretch

Move smoothly between the two movements



1. Start with your hands under your shoulders and knees under your hips.
2. Allow your tummy to relax and your back to drop into a comfortably relaxed position.
3. Pull your tummy in and arch your back up towards the ceiling and head down – look at your knees!
4. Repeat slowly 10 times.

Back extension stretch

Hold for 10 to 15 seconds



1. Lay on your tummy and place your hands on the floor in front of you.
2. Push up to rest on your forearms, allow your tummy and back to relax.
3. If you find that easy, try pushing up onto your hands as shown in the second picture. Keep your neck relaxed!