

LYING WALL SLIDES



Lie on your back with your legs up the wall. You may need some help positioning yourself.



Using the weight of your legs, but in a controlled fashion, slowly lower them, sliding them down the wall.



When you have achieved maximum flexion, hold it for 10 seconds, and slide the legs up again. Repeat 5 times.

FULL QUADS STRETCH (STORK)



Hold the position for 20 seconds.

HAMSTRINGS STRETCH



Use a dressing gown or judo belt or luggage strap.



Lie back and extend the leg in front of you, pushing against the belt.



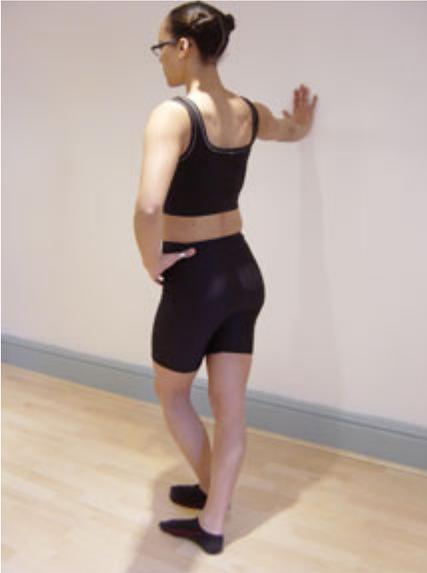
Hold the stretch for at least 20 seconds.

If that exercise is too difficult, try it on two chairs or the edge of your bed.



Use a belt if you cannot reach.

ILIO-TIBIAL BAND STRETCH



The right leg is the one being stretched.

Stand on the left leg supporting yourself against a wall. Cross the right knee behind the left and use the body weight to stretch the outer aspect of the right knee.

Stretch for 20 seconds. Repeat with the other leg.

PIRIFORMIS STRETCH



The left leg is the one being stretched.

Lie on your back. Cross the left knee over the right in a figure-4 position, with the left foot on the right knee.

Use the right knee to do the stretch, bending it up and helping it flex by pulling with our hands. Hold the stretch for twenty seconds.

Repeat on the other side.

SIDE-STEPPING



Moving in a fluid motion to your left -
START HERE
Zero **position** - **right foot leads**



Your right foot across your left - in front.



Keep moving left, moving your left foot behind
the right foot - back to zero position



Keep moving left, this time taking the right foot
behind the left



Then, still going left, take the left foot back to the
zero position.

Keep going left in this fashion, then come back to the right, doing
the opposite steps.

FULL ARC EXTENSIONS



Sit comfortably on a chair.



Slowly straighten the knee and hold it there for 10 seconds.



Slowly lower it. Repeat 10 times.

STRAIGHT LEG RAISES



Lie on your back, resting on your elbows. Bend the good knee for stability and keep the other straight. Lift the straight leg slowly.



Hold it for 5 seconds.



Slowly lower it down again. Do 10 repetitions.



When it seems too easy increase the reps. Then add weights, starting at 500g.

STANDING WALL SLIDES



Stand up against a wall, supporting yourself with your hands. Keep your feet at a comfortable distance apart and your heels a handsbreadth from the wall.



Slowly slide your body down the wall to a count of five.
Keep that position for a count of five.



Slowly slide up again. Do five repetitions.

FULL SQUATS (Supported)



Stand upright against a firm support



Slowly squat deeply, as far as is comfortable. Hold this position for five seconds.



Slowly rise to the starting position.

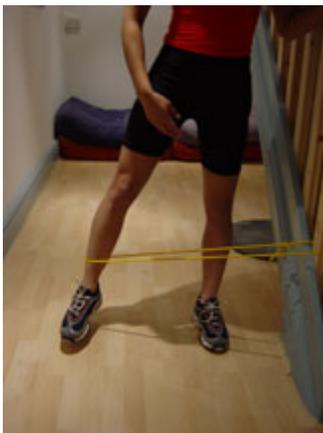
HIP EXERCISES



This exercise strengthens the gluteus muscles ('glutes') in the buttock, and the ball strengthens the hip adductors.



This is an exercise to strengthen the hip 'abductors'.



An elastic band abduction exercise adds a further resistance element.



Lying on your side, with the one leg bent to stabilise the body, stretch the adductor muscles of the straight leg by lifting the leg up off the floor.



Again, an elastic sports band (eg Theraband) can be used to add resistance to an adductor strengthening exercise.



This exercise stretches the flexors (bending muscles) in the one leg and the extensors (straightening muscles) of the other.