

Quad (thigh) stretch

This stretch improves the flexibility of your thigh which assists correct knee function and minimises knee pain.

- Place foot behind on a chair, bench or low couch near a wall to assist with balance
- Squeeze buttock cheeks together & tuck your bottom under until you feel a stretch in the front of the thigh
- A higher bench will increase the stretch. A lower bench will decrease the chance of knee pain. Find a position between these two points
- Hold stretch for 30 seconds
- Complete stretch twice on both sides



Calf stretch

This stretch improves the flexibility of your calf which assists correct knee function and minimises ankle pain.

- Place the ball of your foot on a book or low step with your heel on the ground
- Place your other foot close to the step
- Keep knee straight and lean forward until you feel the calf muscle stretch
- You can slightly increase the height of the step to increase the strength of the stretch
- Hold stretch for 30 seconds
- Complete stretch twice on both sides



Hamstring stretch

This stretch improves the flexibility of your hamstrings at the back of your thigh. You should not feel any back pain.

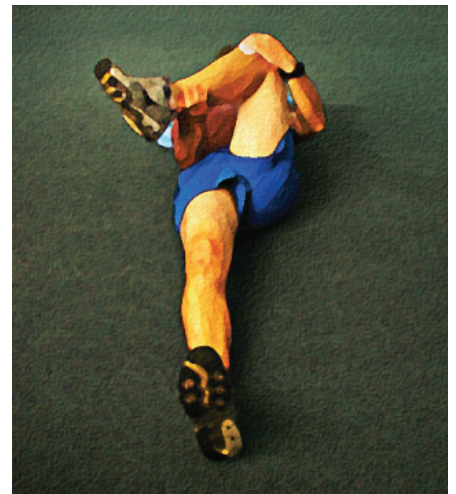
- Place your leg on a chair and ensure your foot is flat
- Slowly bend trunk forward
- Straighten your knee slowly until stretch is felt in the back of your thigh
- Hold stretch for 30 seconds
- Complete stretch twice on both sides



Butt (gluteal) stretch

This stretch improves hip flexibility, assists in normal walking and can relieve tension in your lower back.

- Lying on your back, pull knee towards your opposite shoulder
- Pull ankle around, ensuring knee remains across body/midline
- You should feel the stretch in your buttock
- Do not continue stretch if you feel pain at the front of your hip
- Hold stretch for 30 seconds
- Complete stretch twice on both sides



Adductor (groin) stretch

This stretch improves the flexibility of your adductor muscles in your inner thigh and groin.

- Stand with feet apart and toes pointing forward
- Hands on hips
- Tilt opposite hip up as you slide weight to that side
- Increase the stretch by standing with your feet slightly further apart
- Complete 2 X 30 sec holds on both sides
- Picture shows stretch of left adductor muscle group



Hip Flexor Stretch

This stretch focuses on the muscles that flex the hip. Good flexibility of these muscles will assist normal hip extension and minimize hip and low back pain.

- Place pillow under knee
- Tuck bottom under hips, squeeze buttocks and move hips forward
- Feel stretch in front of hip of the leg on which you are kneeling
- Ensure you do not arch your back during stretch – there should be no low back discomfort during stretch
- Complete 2 X 30 sec holds on both sides

