

Stretch gently. Stop any exercise causing tingling or severe pain.

Lying on your back.



Bend the leg to be stretched towards your chest and hold onto the knee with both arms. Pull your knee towards your chin keeping your head on the floor. You should feel the stretching on the back of your thighs and buttock. Hold approx. 20 sec. - relax.

Repeat 3 times

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Sit on a chair.

Lift your leg up off the seat keeping the knee bent.

Hold for 5 seconds then slowly relax your leg.

Repeat 10 times

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Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Hold for 5 seconds then slowly relax your leg

Repeat 10 times

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Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Hold for 5 seconds then slowly relax your leg.

Repeat 10 times

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