

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

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Lying on your back.

Bend and straighten your leg.

Repeat 10 times.



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Lying on your back. Bend one leg and put your foot on the bed and put a cushion under the other knee.

Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion).

Hold for 5 seconds then slowly relax.

Repeat 10 times.



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Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee.

Hold for 5 seconds then slowly relax your leg.

Repeat 10 times.



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Sit with your hands on your shoulders.

Stand up and then slowly sit down on the chair. The exercise can be made easier or more difficult by changing the height of the chair. Do not let your knees turn in or out.

Repeat 10 times.



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