STRETCHES FOR THE LOWER LIMB

A stretch should feel like the muscles are pulling gently.
It should not be painful.
Listen to what your body is telling you so as not too overstretch or be ineffective.
Hold each stretch for approximately thirty seconds or ten deep breaths.
Breathe deeply and slowly for all stretching exercises.

1. **Adductors.** Stand with your feet wide apart. Bend the right knee keeping the left knee straight. Bend until you feel a stretch in the left inner thigh.

![Adductor Stretch](image1)

2. **Quadriceps.** Stand on your right leg and balance against the wall. Bend the left knee and hold the left foot against the buttocks. Keep your hips pushing forward. Keep a slight bend in the right knee.

![Quadriceps Stretch](image2)

3. **Calf.** Put your left leg behind your right. Keep the left heel flat on the floor and bend the right knee. Balance your upper body against the wall if you wish. Keep the left knee completely straight. Lean forward until you feel the stretch in your back calf.

![Calf Stretch](image3)

4. **Hamstring.** Lie flat on your back. Put a towel around your right foot. Straighten your right leg and use the towel to bring it into a vertical position. Do not allow your shoulders to tense up.

![Hamstring Stretch](image4)

5. **Piriformis.** Lie on your back with your knees bent. Cross your legs so that your left ankle rests on your right knee. Pull your right knee towards your chest.

![Piriformis Stretch](image5)

6. **Gluteuls.** Lie on your back. Pull your right knee to your chest and hold it there with both hands.