Bedale Osteopaths exercise sheet 1

**LegExercises**

  

 **Quad Stretch Hamstring Stretch**

 Hold for 20-30 seconds, 2-3 times on each side Hold 20-30 seconds

 2-3 times each side (can use a small step)

  

 **Gastroc Stretch Soleus Stretch**

 Stand with right foot back and leg straight This time you will bend both knees keeping heels

 keeping heel on the floor. Lean into the on the floor. 20- 30 seconds, 2-3 times.

 wall bending left knee until stretch is felt

 in right calf. Hold for 20-30 seconds, 2-3 times.

  

 **Front of the hip and thigh stretch Inner thigh stretch**

Keep your head up, bend your knee forward keeping Stand with legs hip width apart. Lean left and hold for

 your pelvis straight, you should not feel 20-30 seconds. Repeat on each side.

 any pain in your low back.

 

**Gluts Stretch**

Lie on you back and place your right ankle on your left knee, lift your left leg up off the floor, you should feel the stretch in your right buttock. Hold for 20-30 seconds. Repeat on the other side.

These exercises should not be painful. If you are unsure of how to do them speak to your practitioner.

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