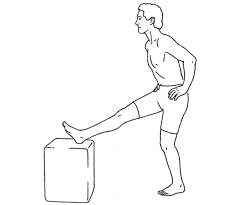
Bedale Osteopaths Exercise Sheet 2

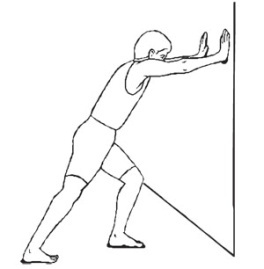
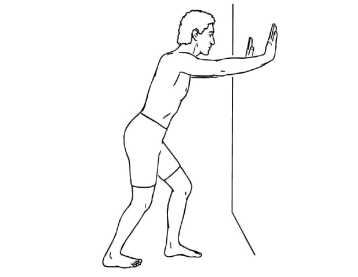
**Knee Stretches/Strengthening Exercises**

**Quad Stretch Hamstring Stretch**

Hold for 20-30 seconds. Hold for 20-30 seconds.

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

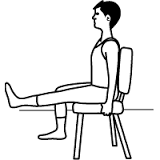
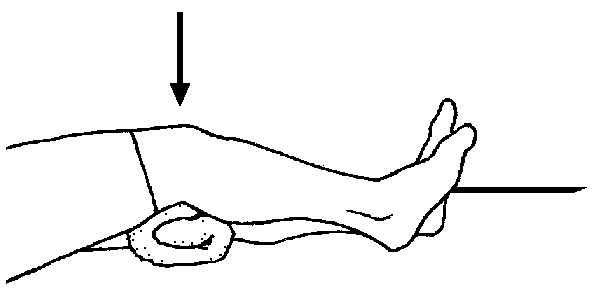
**Gastroc Stretch Soleus Stretch**

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

keeping heel on the floor. on the floor. Hold for 20-30 seconds, 2-3 times.

Lean into the wall bending left knee until

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

**Quad Exercises Quadriceps Set**

Gently raise foot and hold for 2-3 seconds. Repeat Cushion under the knee and push down into the cushion

10-20 times. and hold for 3-5 seconds.

Variations: turn foot slightly in and repeat Repeat 10-20 times.

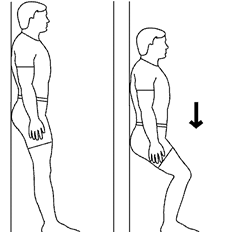
turn foot slightly out and repeat

**Wall Squats**

Stand against a wall with feet hip width

apart. Pull up and in with your pelvic floor muscles. Gently slide down wall then return to start position.

Repeat 10-15 times.



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

Tel: 01677 425858 www.bedaleosteopaths.co.uk info@bedaleosteopaths.co.uk