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.

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