

**Notes:** These exercises may not be appropriate for you. Please consult your healthcare provider before doing any of these exercises. You should not feel pain during or after doing them. You can also consult me via Skype for a bespoke training programme or a diagnosis of your injury at sports-injury-physio.com

## 1- Glute stretch



Starting position: Supine with both knees bent up.

Movement: Place the outside of your left ankle just above your right knee. Take hold of your right thigh with both your hands and pull it towards your chest. You should have a pillow under your head if you struggle to keep your neck in a good position. You should feel the stretch in the left buttock/thigh/back depending on which part is the tightest.

Aim: Hold the glute stretch for 30 seconds and repeat on the opposite side. Repeat 3 times.

## 2- Piriformis stretch



**Purpose:** To stretch your piriformis and allow your sciatic nerve to slide freely.

**Starting Position:** Supine with both knees bent up.

**Movement:** Cross your right leg over your left leg. Place your right hand on your right knee and your left hand on your shin. Pull with both hands at the same time so that your knee moves diagonally towards your left shoulder. You should feel a stretch in your right buttock.

**Check that:** You also pull with the hand that is on the shin – this twists the hip and increases the stretch. Make sure your knee moves across your body.

**Aim:** Hold the glute stretch for 30 seconds and repeat on the opposite side. Repeat 3 times.

### 3- Hamstring stretch



**Purpose:** This is a gentler hamstring stretch.

**Starting position:** Lie on your back. Bend your one knee up and grab hold around your thigh.

**Movement:** Gently straighten your leg until you feel a comfortable stretch at the back of the leg.

**Aim:** Hold the stretch for 10 seconds. Then bend your knee again. Repeat 12 times with each leg.

### 4- Calf stretch



**Purpose:** To improve the flexibility of the calf muscles.

**Starting position:** Stride stand with the foot to be stretched at the back. Your toes must point straight forward.

**Movement:** Keep your heel on the floor and bend the knee of the front leg until you feel a stretch in the calf of the back leg.

**Aim:** Maintain the calf stretch for 30 seconds before switching legs. Repeat 3 times with each leg.