

General Static Stretch Programme

Notes: These stretches are meant as examples only. The stretches may not be right for you so please check with your physio or trainer before you do them. Don't force the movements - you should take the stretch only to where you feel the first sensation of a stretch. You should not feel any pain during or after the stretches. Please contact a healthcare professional if you do experience any pain. You can consult me via video call for a bespoke treatment plan for you at sports-injury-physio.com

1- Combined Hip Flexor Stretch



Starting position: Half kneel with your one knee on a pillow and your other leg out in front of you. Hold on to something for balance if needed.

Movement: A. Push your hip forward, but at the same time tilt your pelvis backwards so that you feel a stretch over the front of your thigh and hip. This is important - if you allow your pelvis to tilt forward, the stretch will not be as effective. This will mainly stretch the iliopsoas muscle, but if you're very tight you may have to spend time on this part first and then add in part B.

B. Once you can easily achieve part A, maintain that position and grab hold of your foot. You may have to loop a belt or towel around your foot if you are very stiff.

Aim: Hold the stretch for 30sec and repeat 3 times on each leg.

2- 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.

3- Piriformis Stretch



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.

4- Butterfly stretch



If you struggle to sit upright, SIT WITH YOUR BACK AGAINST A WALL.

Sit down and bring your heels together as close as possible to your hips. Gently lean forward to feel a comfortable stretch in the groin/inner thigh. Do not force the movement.

It should be a gentle stretch. If you're very tight you may not be able to bring your feet close to your body or lean forward and that is OK. If you force the stretch you'll likely cause pain in your groin.

Hold for 30second and repeat 3 times

5- Yoga: Head-to-Knee bend



DO NOT TRY AND HOLD YOUR FOOT - just slide your hands down you leg to feel a gentle stretch.

Start seated with one leg extended in front with the other foot resting on your inner upper thigh.

You can also sit with your hips on a bloc or folded blanket for this pose.

Reach for your foot with both hands and hold the position.

Your body should be aligned nicely with the leg straight forward and the hips and shoulders squared.

Breathe normally when in position.

Repeat on the other side.

Aim: Maintain a gentle stretch for 30 seconds before switching legs. Repeat 3 times with each leg.

6- 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.

Exercise 1 : Combined Hip Flexor Stretch	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
											
Exercise 2 : Glute stretch											
											
Exercise 3 : Piriformis Stretch											
											
Exercise 4 : Butterfly stretch											
											

Exercise 5 : Yoga: Head-to-Knee bend	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	
											
Exercise 6 : Calf stretch											
											