

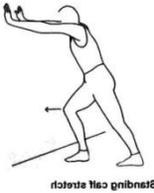


## Calf Stretch

- Stand with your arms braced against a wall, both feet pointing straight ahead.
- Place your foot several inches behind the other.
- Bend your front leg. Keep both heels on the floor and your back straight.
- Hold for \_\_\_\_\_ Seconds.
- Bend your back leg as well
- Hold for \_\_\_\_\_ Seconds.

Reps \_\_\_\_\_

Sets \_\_\_\_\_



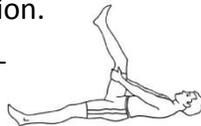
roteta hco gnibnet2

## Hamstring Stretch

- Lie on your back. Keeping your \_\_\_\_\_ knee straight or slightly bent, lift that leg off the floor as far as you comfortably can.
- Grasp the back of your raised knee or calf. Or grasp a towel draped behind your knee or calf.
- Keeping your leg fairly straight, slowly pull it toward your chest.
- Hold for \_\_\_\_\_ seconds.
- Return to starting position.

Reps \_\_\_\_\_

Sets \_\_\_\_\_



## Leg Raise

- Sit on the floor with your \_\_\_\_\_ leg straight, the other bent.
  - Tighten your thigh muscles on top of your straight leg.
  - Raise that leg 6-8inches and hold for 2-3 seconds.
  - Slowly lower it and relax the muscle.
- Reps \_\_\_\_\_
- Sets \_\_\_\_\_

### Progression

1. Do with ankle weight.



## Leg Raise with a bend

- Sit on the floor with your \_\_\_\_\_ leg straight, the other bent.
- Tighten your thigh muscles on top of your straight leg.
- Raise that leg 6-8inches then bend it at the knee.
- Re-extend the knee and slowly lower it.
- Relax the muscle.

Reps \_\_\_\_\_

Sets \_\_\_\_\_

### Progression

2. Do with ankle weight.



### Quadriceps Stretch

- Stand an arm's length from a wall.
- Look straight ahead.
- Place your \_\_\_\_\_ hand against the wall.
- With your other hand, grasp the ankle of the foot on the same side. Pull gently.
- When you feel the stretch in your thigh, hold for \_\_\_\_\_ seconds.
- Keep your knees together.

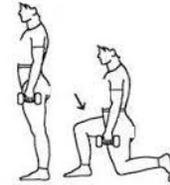
Reps \_\_\_\_\_  
Sets \_\_\_\_\_



### Backward Lunge

- Stand with 1-2 inches apart.
- With your \_\_\_\_\_ foot, step backward as far as you comfortably can.
- Keep your back straight.
- Dip down until your back leg nearly touches the ground.
- Return back to the start position.

Reps \_\_\_\_\_  
Sets \_\_\_\_\_



### Step-Ups

- Stand with one foot on a 3-5 inch step and the other on the floor.
- Step onto the step.
- Slowly lower the leg back down until the heel touches the floor.

Reps \_\_\_\_\_  
Sets \_\_\_\_\_



### Wall Slide

- Stand with your back and head against a wall. Look straight ahead.
- Keep your feet shoulder width apart and 6-12 inches away from the wall.
- Slowly sink down until you feel a stretch in the front of your thighs.
- Hold for \_\_\_\_\_ seconds, and then slowly slide back up.

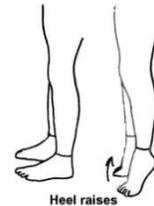
Reps \_\_\_\_\_  
Sets \_\_\_\_\_



### Heel Raises

- Stand with both feet flat on the floor and shoulder width apart.
- Raise both your heels off the ground so that you are standing on your toes.

Reps \_\_\_\_\_  
Sets \_\_\_\_\_



### Plies

- Stand with feet together and toes pointing outwards so that your heels touch.
- From this position perform a semi-squat.
- Hold the semi-squat for 2-3 seconds and return to the starting position.

Reps \_\_\_\_\_  
Sets \_\_\_\_\_

\*These may also be done on one leg.



**Lakeside Chiropractic**

3/45 Central Walk, Joondalup

Ph: 9300 0095

E: [admin@lakesidechiro.com.au](mailto:admin@lakesidechiro.com.au)

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.