

Notes :

1 Calf stretch



Stand and place one foot against the wall.

Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight. Keep the torso upright and push the hips forward to feel a stretch in the calf.

Sets: 3 Freq: 2-3x/day Hold: 30-60 seconds

2 Standing soleus stretching



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg. Maintain the stretch and relax.

Sets: 3 Freq: 2-3x/day Hold: 30-60 seconds

3 Stretching quadriceps



Stand behind a chair and hold on to the backrest with one hand.

Grab the top of the ankle-the same side ankle to the hand holding the chair-with the free hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.

Hold the stretch, keeping your lower back neutral.

Sets: 3 Freq: 2-3x/day Hold: 30-60 seconds

4 Quad. & hamstrings stretch



Wrap a towel/strap around the leg to stretch.

Lie on your stomach close to the edge of a high bed, a table-top or the backrest of a couch.

Extend one leg behind and walk the support leg forward, keeping your foot flat on the floor.

Bend your knee by pulling on the towel/strap until a stretch is felt in the quadriceps and the opposite hamstrings.

Hold the stretch for the recommended time.

Sets: 3 Freq: 2-3x/day Hold: 30-60 sec

5 Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent. Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg. Hold the position for the recommended time.

Sets: 3 Freq: 2-3x/day Hold: 30-60 sec

6 Hip abduction



Lay on your side with your head supported and lower leg bent. Lift the top leg up to about 30 degrees, keeping the foot parallel to the ground and the thigh aligned with the body (do not move it forward as you lift).

Sets: 2-3 Reps: 15 Freq: 1-2x/day

7 Sidestep with band



Start in a squat position with a band around your ankles. Keeping the band taut at all times, step to the side. Push the knees out while taking the steps so they don't cave in. Each step is about 50% of the starting position stance.

Sets: 2 laps Freq: 1-2x/day

8 Glute bridge



Lie on your back with your knees bent. Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Slowly return to the initial position and repeat.

Sets: 2-3 Reps: 15 Freq: 1-2x/day

9 Bodyweight squat



Stand tall and place your hands on your hips and your feet hip width.

Initiate the squat by pushing your hips back, as if you were sitting on a chair.

Continue the movement by bending the knees, keeping them directly over the feet.

Lower yourself until the thighs are about parallel to the ground or to the point where you begin to lose the neutral spine by rounding your lower back.

Lift back up and repeat.

Make sure to keep the spine neutral and knees aligned with the feet at all times.

Sets: 2-3 Reps: 15 Freq: 1-2x/day

10 Single leg squat



Stand on one leg with your foot facing forward.

Lower your body by bending the knee, keeping the knee cap aligned with the second toe.

Return to the starting position and repeat.

Keep your knee stable (avoid any lateral movements) during the exercise.

Sets: 2-3 Reps: 15 Freq: 1-2/day

11 Seated straight leg raise



Start seated on the floor with one leg out straight and the other leg bent and held by both hands.

Lift the straight leg up without using the trunk to crunch forward.

Sets: 2-3 Reps: 15 Freq: 1-2x daily Hold: 3-5 sec

12 Half-kneeling trunk rotation



Kneel down on one knee with the other foot flat on the ground in front of you.

Maintain the back length by keeping your spine upright and avoiding to lean forward.

Bring both hands behind your head and keep your elbows wide.

Rotate your spine fully to one side.

Return to the centre.

Rotate the other way.

Sets: 3 Freq: 1-2 x daily Hold: 30-45 sec