

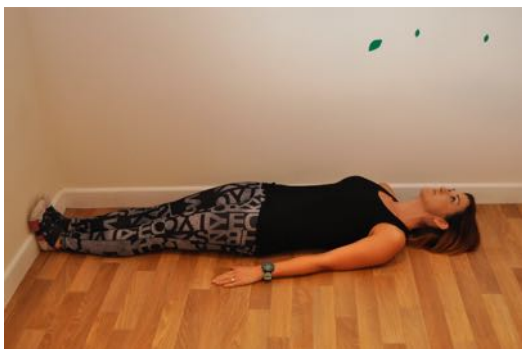
# Lower limb general mobility exercises - sheet 2

All the exercises shown here are great to help mobilise the lower limbs



## Exercise 1 - Foam rolling the calf muscles

- Place yourself as per the picture across
- Note that the leg being massaged (right) has the left leg crossed over the top, this is important as it adds weight
- Using your hands slowly push yourself forwards until you feel the roller pressing on a sore spot.
- Rotate the bottom ankle in either a clockwise, or counterclockwise direction until the pain has subsided, or 20 secs (whichever is the soonest)
- Push yourself forwards again until you reach the next sore point, and repeat the above steps until you reach the back of the knee.
- Swap legs and start from the beginning



## Exercise 2 - Wall hamstring stretch (lying down)

This exercise is particularly good for those people with low back pain and who need to stretch the backs of their legs

- Using a wall, position lying parallel to it leaving about a 10 to 12cm gap
- Using your arms to help move you, rotate your body so that you are now perpendicular to the wall with your feet up resting against the wall
- If your knees are bent, or your bottom is not touching the floor, slide your bottom away from the wall until the legs are straight and the bottom is touching the floor.
- You should feel a stretch behind the knees and in your hamstrings

