

Lower limb general mobility exercises - sheet 3

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



Exercise 1 - Hamstring stretch, using band or belt

1. Place yourself lying on your back, as per picture No.1 across
2. Using a powerband, or yoga belt, hook it around the ball of your foot and then keeping the leg straight bring your foot towards you, using your arms to pull the leg up
3. Once you can feel a stretch stop
4. From here point the foot of the leg being stretched (picture 2 across) and hold for 10 secs
5. Then relax the ankle letting the toes drop towards you
6. From here try stretching the leg a little further, you may find you have added a few centimetres of mobility
7. Repeat steps 3-6, three times
8. Swap legs and start from the beginning again



Exercise 2 - Active hamstring stretch / sciatic nerve floss

- Standing on the side edge of a step so that one leg can hang freely,
- Swing the leg back and forth
- On the forward swing turn foot upwards and inwards toward the opposite shoulder
- Repeat 10 times, you should find your leg gets a little higher each time

- (Unlike picture no.2 above) try and keep your hips level by engaging your core
- Swap legs and start from the beginning again