



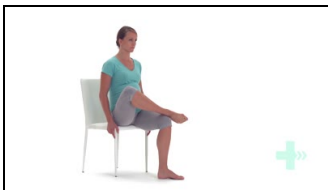
### 1. Calf stretch standing

In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you. Keep the heel on the floor and the toes pointing forwards. Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and your back knee does not bend.



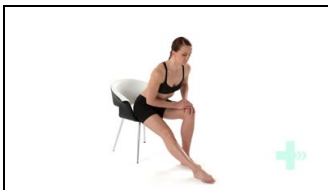
### 2. Quads stretch - stand

Stand up straight, close to a wall or supportive surface. Bend your knee on the affected leg, taking your heel towards your buttock. Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh. Ensure you keep your knees together. Hold this position.



### 3. Sitting glute stretch

Sit on a chair and move forwards, bringing your sitting bones to the edge of the chair. Straighten both legs out in front of you. To stretch your right glute, cross your right ankle on top of your left. Slide your right ankle up along your shin, bending your knee until your right ankle sits on top your knee. Let your right knee drop towards the floor. If this is enough of a stretch for you, stay in this position. Inhale and emphasise the stretch as you exhale. If you can stretch more, keep your back straight and bend your left knee, sliding your foot along the floor. If you would like to extend the stretch even further, gently press down with your right forearm onto your right knee. Make sure you keep your back straight. To come out of this position, straighten your left leg. Slide your right leg down your left, and bring your feet together. Slide both legs in by lifting your knees and push yourself back to a neutral seated position.



### 4. Hamstring stretch in sit

Sit in a chair. Place your affected leg out in front of you. Straighten your knee, keeping your foot on the floor. Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh. Hold and then relax.

