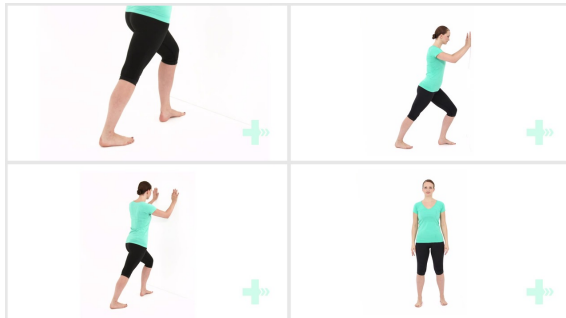


1 Set / 3 Reps / 30 s hold



## 1. Gastrocnemius stretch in standing (holding on)

In a standing position, step your affected 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.

1 Set / 1 Rep / 30 s hold



## 2. NEU 1.3B Horizontal shoulder adduction stretch standing

Stand upright and prepare to start the shoulder stretch exercise.

This exercise stretches the muscles in your upper arm, upper back and shoulder and can be performed either sitting or standing.

Move your arm across your chest at the height of your shoulder.

Use your other hand to gently hold your elbow and pull the arm a little further across.

You should feel the stretch across the back of your arm and shoulder.

Hold this position and return to the start position and repeat to the other side.

1 Set / 1 Rep / 30 s hold



## 3. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

*do this as part of your cool down*

1 Set / 1 Rep / 30 s hold



## 4. Quads stretch - stand

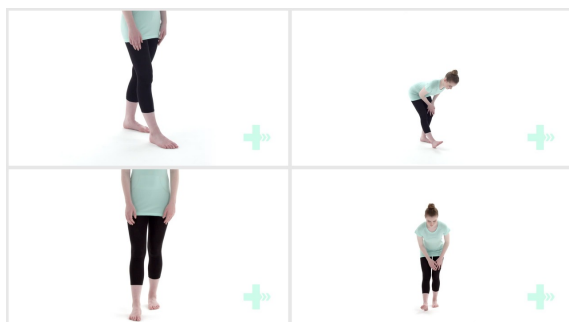
Stand up straight, close to a wall or supportive surface.

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.

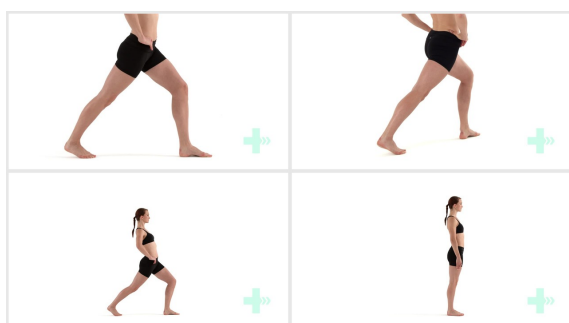
Hold this position.



### 5. Hamstring stretch - stand

Stand up straight.  
Place your affected foot forwards with your foot flat on the floor.  
Keep your back foot facing forwards and soften the knee.  
Make sure the hips are square while you maintain a straight back.  
Gently lean forwards and push your hips out behind you.  
You feel this stretch down the back of your thigh.  
Hold this position.

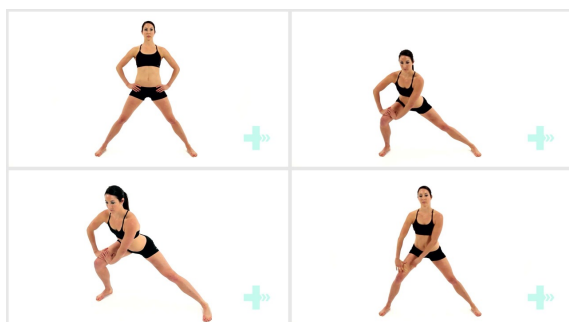
1 Set / 1 Rep / 30 s hold



### 6. Hip flexor stretch in stand

Start in a standing position.  
Move your affected leg one pace backwards.  
Hold on to a support if you feel you need it.  
Keeping your feet in this position, drive your hips forward and lift up your chest.  
It is ok for the back knee to bend a little and for your heel to come up off the floor.  
You should feel a stretch in the front of your hip.  
Hold this position and then return to the starting position and then relax.

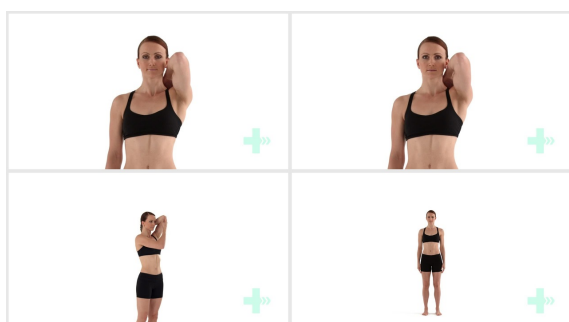
1 Set / 1 Rep / 30 s hold



### 7. Adductor standing stretch

Stand with your feet a large stride apart and toes pointing forwards.  
Lean to one side and bend this knee, resting your hands on your knee for stability.  
Keep your heels flat on the floor and the other leg straight as you feel this stretch through the inner thigh.

1 Set / 1 Rep / 30 s hold



### 8. Tricep stretch

Start in a standing position.  
Lift your symptomatic arm up and then bend your elbow, reaching your hand down towards your shoulder blade.  
Keep your elbow as close to your head as possible without straining.  
Using the other hand to push backwards on your elbow, increasing the stretch down the back of your upper arm.  
Hold, relax and repeat.