

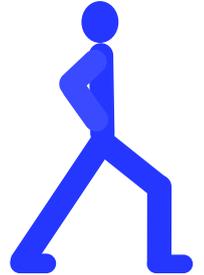
GENERAL POINTS ON STRETCHING

- Make sure your muscles are warm before stretching. This can be from exercise (including walking), or from general activity like housework.
- Hold each stretch for at least 30 seconds.
- Make sure you ease into the stretches – stretching should never be forced.

Calf stretch

Stand with feet pointing forwards, about hip distance apart, front knee bent and back leg straight.

Press the back heel into the floor to feel the stretch on the back calf.

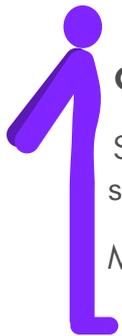


Hip flexor stretch



Get into the position shown, back knee on the floor, front knee bent and directly over the heel.

Ease the back leg out behind until you feel a stretch on the muscles at the top of the back thigh.



Chest stretch

Stand with your feet about hip distance apart and clasp your hands behind your back, so that you feel a stretch across your chest.

Make sure that you don't arch your lower back.

Hamstring stretch

Lie on the floor with one leg bent, foot flat on the floor. Gently pull the other leg towards you, holding onto it with both hands either on the calf or above the knee.

Hold the position when you feel the stretch along the back of the leg.



If you aren't able to reach the leg with your hands, use a band or scarf looped over your foot, as shown.



Abdominal hollowing

Abdominal hollowing is just sucking the core muscles in. You can do it in any position – standing, sitting, lying, kneeling .. but doing it in the all-4s kneeling position is good because you are working directly against gravity.



Get into the all 4s position, then suck your abdominal area in as much as you can without your back moving. Hold for 5 seconds, release and repeat for a total of 5.

