

Notes: Before starting any exercise regime you should consider consulting a qualified healthcare advised to ensure the regime is suitable for you and your own doctor if you have a medical condition or taking medication or have related concerns.

1. Stretching calf (gastrocnemius)



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Remember to keep correct arch position in your foot.
- Maintain the stretch and relax.

Repetition: 2 Hold: 20-40sec sec.

2. Stretching calf (Soleus)



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
- Maintain the stretch and relax.

Repetition: 2 Hold: 20-40sec sec.

3. Stretching Quad



- Stand in front of a chair hold on to it with one hand.
- Grab the top of one ankle with one hand to pull foot towards buttock until you feel a gentle stretch on front of the thigh.
- Hold the stretch keeping lower back neutral and return to initial position

Repetition: 2 Hold: 20-40sec sec.

4. Stretching Hamstring



- Stand with one foot on a stool in front of you.
- Lean your body forward until you feel a stretch behind your thigh.
- Maintain the position and relax.

Repetition: 2 Hold: 20-40sec sec.

5. Stretching Extensors



- Extend one arm out with elbow straight and use the other hand to grasp it at the side of the thumb and bend the wrist downward.
- Progression:
- Turn wrist towards the small finger to increase the stretch.

Repetition: 2 Hold: 20-40sec sec.

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6. Stabilization Lunge



- Stand with both feet hip width apart.
- You lunge forward making sure your land with the heel, your knee stays over the foot and your knee cap is in line with 2nd toe. Move straight down creating a 90 degrees angle at both knees and at the hip.
- Push through the heel and stand tall.

Sets: 3 Repetition: 10

7. Strengthening Wall squat



- Lean on wall, feet far enough from wall so knees don't pass ankles when bending knees.
- Place ball or towel between knees and bend your knees to 45 degrees, keeping knee cap in line with 2nd toe.
- Return to starting position by pushing feet into floor.
- Maintain a neutral spine with shoulder blades on wall throughout exercise.

Sets: 3 Repetition: 10

8. One leg toe touch



- Standing upright on one leg, tip the body forward, hinging at the hips and keeping the back straight. Touch or try to touch the floor and use hamstring to lift you back to the starting position.
- Make sure that your knee is aligned with your foot and hips and keep your hips and lower back level as you go down.

Sets: 2 Repetition: 15

9. Stabilization Multifidus



- Get on your hands and knees (four point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your chin must be tucked in.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
- Maintain steady breathing while you lift an arm up remaining balance. Return to the start and repeat lifting a leg. Do repetitions for all limbs.
- When you are comfortable with this progress to simultaneously lifting one leg backwards and the opposite arm overhead keeping your back in neutral position.
- Return to initial position and repeat with the other leg and arm.

Sets: 2 Repetition: 15

10. Strengthening External rot.



- Stand with affected side away from wall and elbow squeezing a rolled towel against the body.
- Pull the tip of your shoulder backward and with elbow bent to 90 degrees pull elastic away from wall as far as possible.
- Make sure elbow does not come away from body. Return and repeat.

Sets: 3 Repetition: 10

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11. Rotation (int)



- Attach an elastic around a table leg and hold the ends of it in your hand.
- With your elbow tucked in by your side, move your hand towards your abdomen in a semi-circular motion.

Sets: 3 Repetition: 10