



Advice Sheet AS23: Leg Exercises & Stretches

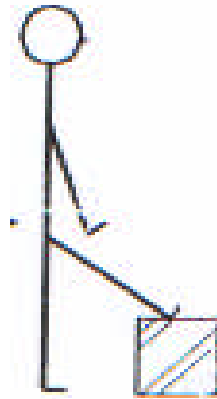
1) Calf

Standing, put affected leg behind the other, keep heel flat on the floor. Bend front knee to stretch back calf. Hold for 10 seconds.



2) Hamstrings

Standing: Place affected foot on a low stool, with knee slightly bent. Then reach for toes and try to straighten knee. Hold for 10 seconds.



3) Quadriceps

Standing:
Bend the affected leg and hold onto foot from behind (as diagram)
Hold for 10 seconds.

