

Hamstring Stretch :

- Kneel down and keeping your body upright, place one leg out straight in front of you.
- Bend forwards moving from the hips and keeping your back straight.
- Feel the stretch down the back of your thigh.



Alternatively, this stretch can be done standing:

- Stand with one leg just in front of the other
- Bend the back knee and rest your weight on the bent knee
- Tilt the hips forwards and drop your shoulders down while keeping your back straight.

Hold for 20 seconds. Repeat each side 3 times a day.

Adductor Stretch:

- Sit on the floor with your knees bent and feet together.
- Place your hands on your ankles and push down gently on your knees with your elbows to increase the stretch.

Hold for 20 seconds. Repeat each side 3 times a day.



Quadriceps Stretch:



This can be performed in either standing, or laying on your front. Pull the foot of the injured leg towards your buttock until you can feel a gentle stretch on the front of the thigh. To increase the stretch, tilt your hips backwards.



Hold for 20-30 seconds.

Repeat 3 times a day.

Groin stretch:

Kneel with one knee on the floor and the other foot out in front with the knee bent. Push your hips forwards and keep the back upright. You should feel a stretch at the front of the hip and top of the thigh. Hold for 20 seconds, repeat least 3 times a day.



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