

Stretching Guidelines

- Warm up well before stretching.
- Aim to hold the stretch for up to a minute. Repeating twice on each leg.
- Do not stretch into any pain or discomfort.
- Breathe deeply while stretching to help deepen the stretch.
- Pre exercise, practice a more dynamic stretching approach, holding for 10 seconds and aiming to move the joints through full range and improve blood flow.
- If you have any underlying injuries, consult with your Chartered Physiotherapist or healthcare professional for advice.

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STRETCHES POST EXERCISE



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Calf Stretch

Take a big step back and make sure feet pointing straight ahead and heels on the floor. Hold x1 min x2 each leg.



Quad Stretch

Stand up tall and pull heel up to bum. Draw in tummy muscles and hold for 1 minute x2 each leg.



Hamstring Stretch

In a half kneeling position, bring body weight over front leg and lean hips back. Hold x1 min x2 each leg.



Piriformis Stretch

Lying on the floor, cross ankle on top of knee and lift leg up to the chest. Hold x1 min x2 each leg.



Hip Flexor Stretch

In a half kneeling position, lean forwards placing hands to the floor on the inside of the foot. Hold x1 min x2 each leg.



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