

## SHEET 14 Leg and knee pain

The following can be supplemented by both static and/or active hamstring, gluteus medius and adductor stretches (see low back and hip and pelvis exercise sheets (Sheets 8 and 13)).

### Active isolated quadriceps stretch

- Lie on your side with your head on the floor and both legs bent.
- Bring your top leg up to your chest while still bent. **See Figure S14.1A**
- Take your leg behind you and assist the stretch at the end with rope or hands for 2 seconds. **See Figure S14.1B**
- Release and do 10 repetitions of 2–3 cycles.



Figure S14.1A,B

### Gastrocnemius stretch

- Sit on the floor with your legs straight.
- Wrap a rope around the bottom of your foot.
- Actively take the foot towards your head (do NOT use the rope to pull at this point).
- When you have reached the end of your range, use the rope to assist the stretch for 1.5–2 seconds.
- Release and do 10 repetitions of 2–3 cycles. **See Figure S14.2**



Figure S14.2

## Soleus stretch

- Sit on the floor. The leg to be stretched is bent with your foot on the floor.
- Take your toes to your head as far as you can.
- At the end of your range, use your hands to assist the stretch for 1.5–2 seconds.



Figure S14.3

- Release and do 10 repetitions of 2–3 cycles. **See Figure S14.3**

## Knee mobilisations

- Sit on a high table or chair and swing your knees back and forth alternately.