



Provide Paediatric Physio
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Stretching hip flexors.



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Lying Supine. Hips level.

One hand is placed on the knee of the out- stretched leg, while the other guides the other hip and knee to bend as shown.

A gentle stretch should be felt in front of the hip of the straight leg and the buttock of the bent leg. Do not use any force. When the knee or hip of the straight leg starts to bend ...stop.

Hold 30 secs.

Repeat twice on either side.

Then stretch both knees to chest and hold for 30 seconds.



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Alternative hip adductor stretch.

Lying, place feet together.

Let hips roll out. Slowly add gentle outward pressure to the knees. Do not force this movement.

Hold 30 secs. Repeat 2 times.

Passive stretching of the hip adductor muscles.



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Lying flat. Level hips as possible.

Gently and slowly draw legs apart, keeping knees straight.

Hold 30 secs. Repeat 2 times.

A



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Position of hands for passive stretching of hamstrings.

Take the leg to be stretched so the hips and knees are at right angles.....in this position.....(pic B)

B



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Stretching Hamstrings.

Cup one hand around heel. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Do not use force.

Hold 30 secs.

Repeat twice on each leg.

1. Calf stretch



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Cup one hand around heel. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Do not use force.

Hold 30 secs.

Please keep foot straight whilst applying stretch. Repeat twice on each leg.

2. Calf stretch

Complete the same ankle stretch as above but with a knee bent at 90 degrees (similar to the hamstring stretch start position (A)). Gently draw the foot towards a right angle stabilising the knee with the other hand. Repeat twice on each leg.



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Passive stretching of quadriceps. Lying on front.

Relax hips, ensure they are level and flat. Place one hand on bottom and one hand around ankle. Gently draw ankle towards bottom. A gentle stretch should be felt in the front of thigh. Do not use any force. Use gentle overpressure only.

Hold 30 secs. Repeat 2 times on each leg.
