

For further information about  
Podiatry Services contact:

**Podiatry Department**  
**Ards Community Hospital**

Church Street  
Newtownards  
BT23 4AS  
Tel: (028) 9151 0240

**Podiatry Department**  
**Bangor Community Hospital**

Castle Street  
Bangor  
BT20 4TA  
Tel: (028) 9147 5137

**Podiatry Department**  
**Ulster Hospital**

Dundonald  
BT16 1RH  
Tel: (028) 9048 4511 ext 2801

**Podiatry Department**  
**Lisburn Health Centre**

Linenhall Street  
Lisburn  
BT28 1LU  
Tel: (028) 9250 1214

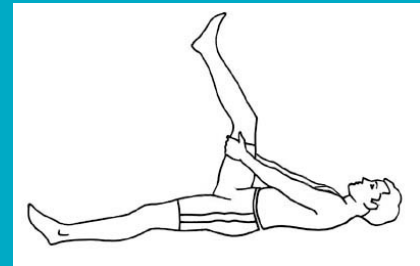
**Podiatry Department**  
**Downpatrick Health Centre**

2 Struell Wells Road  
Downpatrick  
BT30 6RL  
Tel: (028) 4461 3811



South Eastern Health  
and Social Care Trust

# Stretching



# Exercises

*Information and Exercise Sheet*

## How to stretch

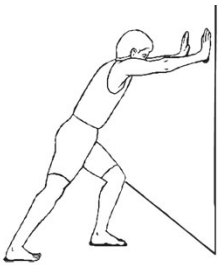
Stretch directly after you have exercised or been for a walk. Stretch the muscle until it reaches the maximum length (without any pain) and hold the stretch for 30 seconds.

Repeat 3 – 5 times each leg.

## Stretching exercises for the five most important muscle groups:

### Gastrocnemius

(Upper calf muscle)

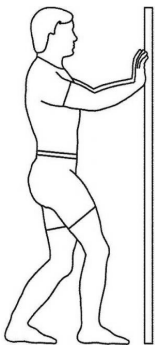


Take support against a wall, place yourself with one foot in front of the other and with the toes pointing forward. Keep the heel of the foot that is further back against

the floor. Your bodyweight should rest on your front leg.

### Soleus

(Achilles tendon)



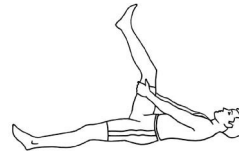
Put one foot in front of the other. Both feet should point forward and be placed fairly close. Slowly press the knee of the leg that is placed further back forward/downward until you experience a tension of the calf muscle that passes the point of the foot.

## Quadriceps



Take hold of your ankle and pull it against your buttocks until you feel a stretch in your thigh. Push your hips forward, pull in your stomach and tighten our buttocks (don't arch your back). The knee should point downward.

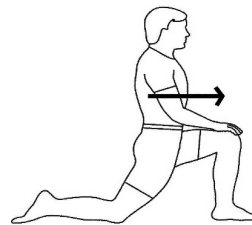
## Hamstring



Lie on your back with one leg parallel with the floor. Lift your other leg straight up with the sole of your foot against the ceiling.

Hold your leg under your knee joint and pull it slowly against you until you feel the stretch on the back of the thigh.

## Hip Flexors



Support your bodyweight on the front leg. Move your hip downward/forward until you feel the stretch between the high and thigh. Tighten your buttocks to avoid an arched back.