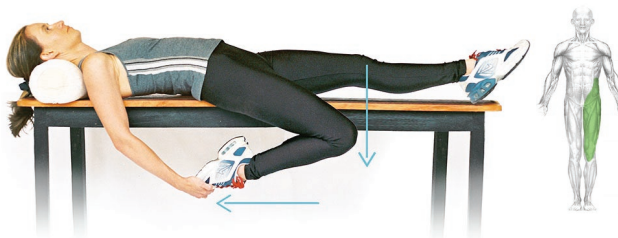


Stretching lying down

Disclaimer: Dr R Potgieter accepts no responsibility for any injuries that may occur when doing unsupervised stretching.

L1

Pull your foot towards your shoulder without straining your lower back. The stretch should be felt on the front of the thigh, groin and stomach. Hold for 30 seconds and repeat on the other side.



L2

Pull your feet towards your pelvis and at the same time push your knees towards the floor with your elbows. Do not strain your lower back. The stretch should be felt in the groin. Hold for 30 seconds and repeat 3 times.



L3

Lying on your stomach slowly walk your hands toward your pelvis keeping the elbows locked. Your thighs and pelvis should remain in contact with the floor. Do not strain your lower back. The stretch should be felt in the thighs and stomach. Hold for 30 seconds and repeat 3 times.



L4

Stand on your hands and knees with your arms and legs at 90 Degree angles to your pelvis and chest. Press your mid back towards the ceiling. Hold for 30 seconds and repeat 3 times.



L5

Cross your right foot over your left knee. Straighten your left leg and throw the towel over your left foot. Pull the towel towards your chest and press the right knee in the opposite direction. Hold for 30 seconds and repeat on the other side.



L6

Keep your right leg straight on the floor. Place your towel around your left foot and pull it towards your chest whilst keeping your left leg straight. Hold for 30 seconds and repeat on the other side.



L7

Cross your left leg over your right leg and place your left foot on the floor. Grab your left ankle with your right hand and pull up towards your right shoulder. Place your left hand on the left knee and pull towards your mid chest. Hold for 30 seconds and repeat on the other side.



L8

Cross your left foot over your right knee and straighten your right leg. Place both your hands behind your right calf and pull towards your chest slowly. Hold for 30 seconds and repeat on the other side.



L9

Cross your left foot over your right knee. Place your left arm between your legs and grab your right knee with your left hand. Also grab your right knee with your right hand. Now with both hands pull your knee towards your chest. Hold for 30 seconds and repeat on the other side.



L10

Keep your right leg, left arm and shoulder straight and flat on the floor. Lift your left leg straight up at 90° and begin rolling it over to the right also pulling it with your right hand. Hold for 15 seconds and repeat on the other side. Do 5 to 10 repeats on each side.



L11

Keep your arms and shoulders straight and flat on the floor. Lift both your knees up at 90° and begin rolling over to the side. Hold for 15 seconds and repeat on the other side. Do 5 to 10 repeats on each side.



L12

Place both your hands on both your knees. Relax your muscles and pull your knees towards your chest. Hold for 60 seconds.



L13

Place both your hands on both your left knee. Relax your muscles and pull your left knee towards your left shoulder. Hold for 30 seconds. Repeat on each side.

