

## Stretching standing up

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



S1

Keep your knee and foot on the floor at 90 degrees to your leg and pelvis. Support your upper body with your hand on the chair. Grab your back foot and slowly pull it upwards without straining your Lower Back. Hold for 30 seconds and repeat 3 times on both sides.

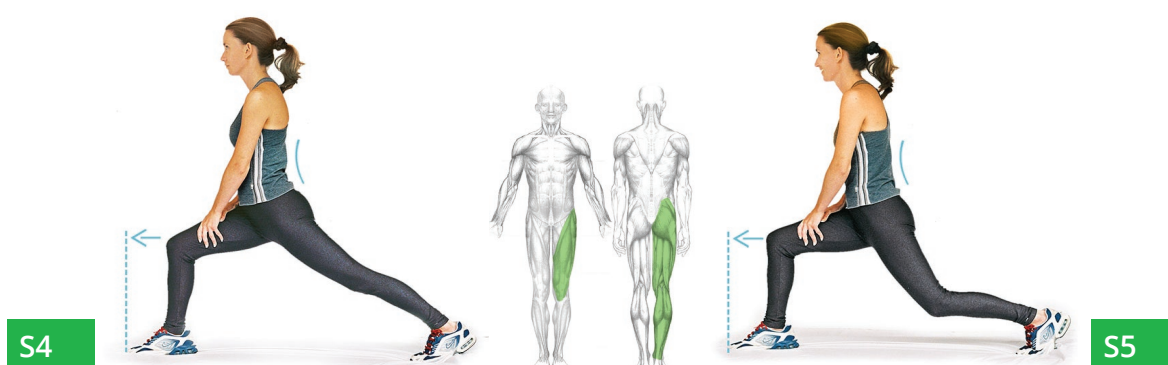


S2

S3

Place both your feet apart at shoulder width. Interlace your fingers and straighten your arms so that they touch your ears. Flex 5° forward and then stretch to the left as far as possible. Keep your pelvis in a stationary position. Hold for 30 seconds and repeat on both sides.

Following on from the previous stretch place your left foot slightly forward and now stretch toward it. Hold for 30 seconds and repeat on both sides.



S4

S5

Place your right foot as far forward and away from your left foot as possible. Keep your lower back hollow and your chest upright. Keep your left knee as straight as possible. Lean towards your right knee but never bend it further than your toes. Hold for 30 seconds and repeat on both sides.

Follow on from the previous stretch but now allow the back knee to bend down to the ground. Hold for 30 seconds and repeat on both sides.