



Leg Tubing Exercises

Hip Extension

- Stand with feet shoulder width apart, knees bent and trunk stable.
- Hook the tubing to the wall and the other end around your ankle.
- Begin with legs next to each other and face the wall.
- Straighten leg as far back as possible behind your body or until your back begins to arch.
- DO NOT arch your back.
- Keep body slightly inclined forward.



Leg Extension and Abduction

- Stand with feet shoulder width apart, knees bent and trunk stable.
- Hook the tubing to the wall and the other end around your ankle.
- Begin with legs next to each other and face the wall.
- Straighten leg as far back and to the side as possible behind your body or until your back begins to arch.
- DO NOT arch your back.
- Keep body slightly inclined forward.



Hip Flexion

- Stand with feet shoulder width apart, knees bent and trunk stable.
- Hook one end of the tubing to the wall and the other end around the ankle.
- Back should be facing the wall.
- Lift thigh as high as possible, bending the knee.
- DO NOT move upper body



Passive Hamstring Stretch

Stability:

- Stand with back straight, contract abdominals, feet shoulder width apart. Step forward with one foot.
- Maintain trunk stability during the exercise. The back should NOT curve or arch.

Alignment:

- Keep shoulder, hip, knee and ankle in a line.
- Toes of the stretching leg should be "pulled up" and pointing towards the ceiling.

Movement:

- From the standing position, bend over by rotating at the hips. DO NOT curve your back to accomplish the movement.



Active - Hamstring Stretch

Stability:

- Stand with back straight, contract abdominals, pelvis should be level and back should be flat.
- Maintain trunk stability during leg straightening, back and pelvis should not move during leg movement.

Alignment:

- Keep shoulder, hip, knee and ankle in a line.
- Keep shoulder and pelvis square.
- Keep hip in neutral rotation, toes should point to ceiling.
- Keep toes "pulled up, do not point toes.

Movement:

- Without bending your knee, raise one leg straight out in front of you.
- Lift as high as you can without moving your back and pelvis.



Donkey (Active - Hip Flexor Stretch)

Stability:

- Stand with back straight, contract abdominals. Move into a squat position by bending at the hip, knee and ankles.
- Maintain trunk stability during the leg movement.

Alignment:

- Keep shoulder, hip, knee and ankle in a line.
- Keep back straight, DO NOT arch back.

Movement:

- From a squat position, extend one leg backwards.
- To increase the stretch, bring your heel to your bum.

