

## Stretches for lower limbs and upper limbs



### ACTIVE CALF STRETCHES STANDING POSITION (GASTROCNEMIUS)

#### Position

- Stand facing wall
- Keep back leg straight
- Heel on floor
- Knee straight
- Toes point to wall

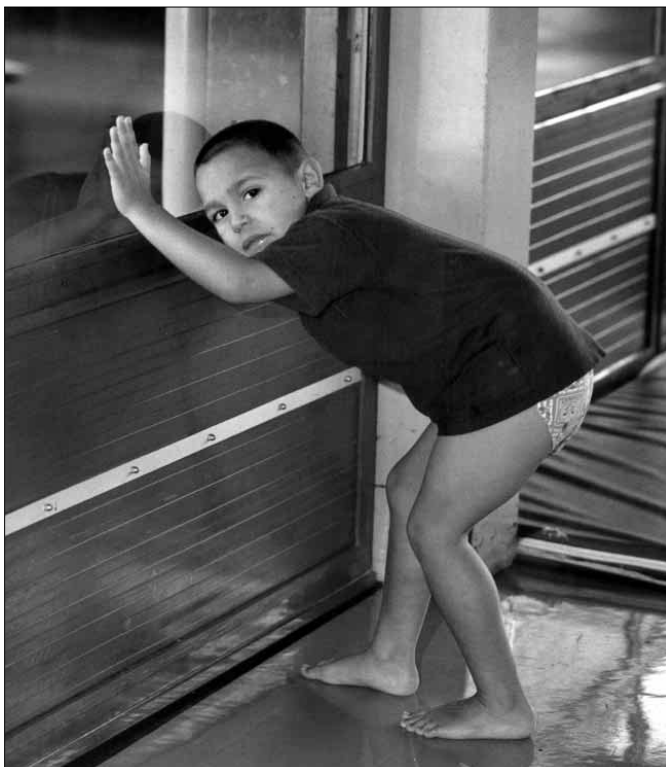
#### Stretch

- Lean towards wall until stretch is felt in calf of back leg
- Keep bottom in

Hold  seconds

Repeat  times

#### Special instructions



### ACTIVE CALF STRETCHES STANDING POSITION (SOLEUS)

#### Position

- Stand facing wall with both knees bent and foot to be stretched behind

#### Stretch

- Lean into the wall, squat down slowly until stretch is felt in lower calf of back leg

Hold  seconds

Repeat  times

#### Special instructions



## **PASSIVE SELF-STRETCH FOR TENDO ACHILLES ON STANDING BOARD**

### **Position**

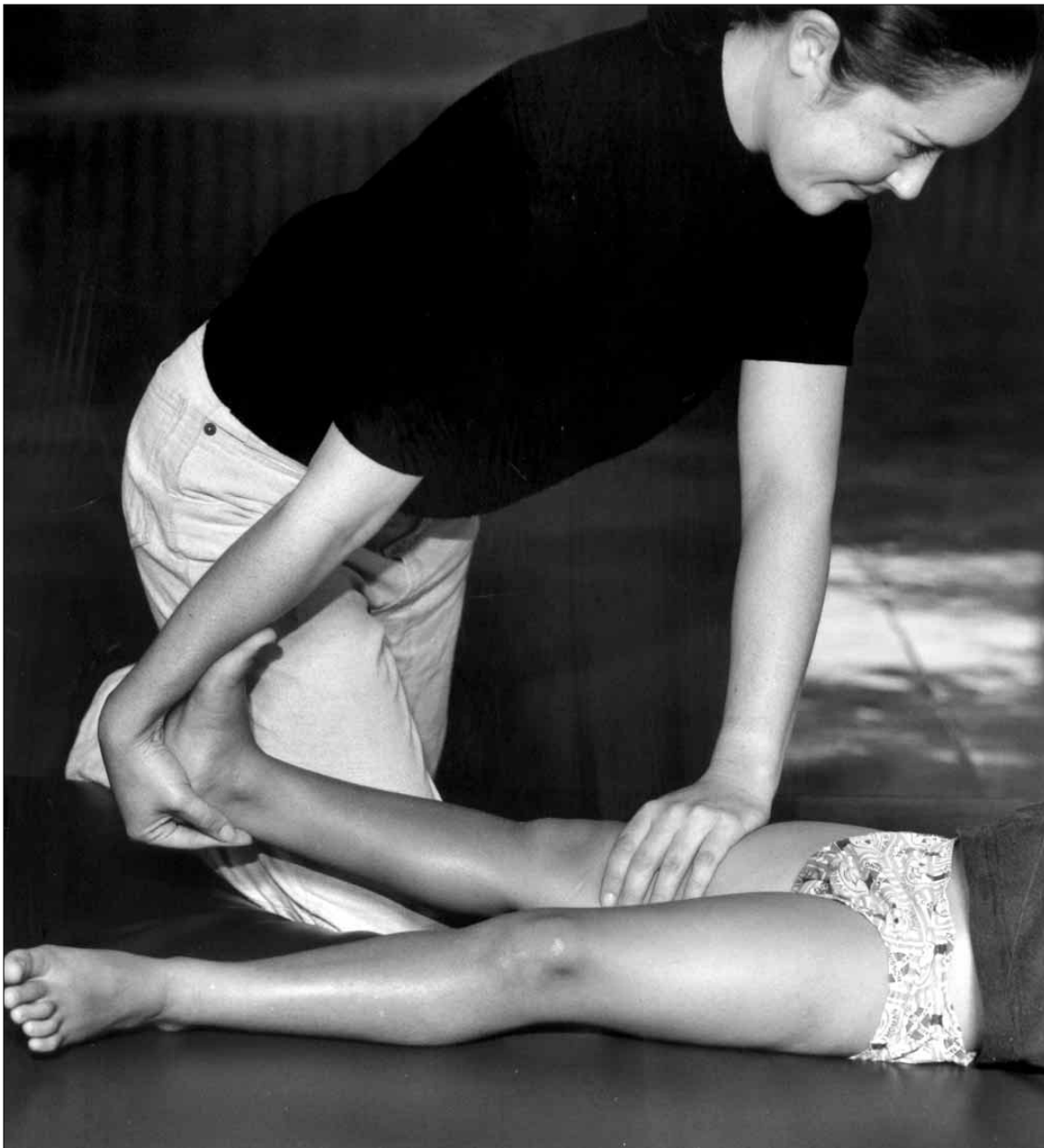
- Position standing board against wall
- Child stands on board resting back against wall
- Feet point straight ahead (or slightly pigeon toed)

### **Stretch**

- Child positions heels as far back on board as possible
- Keep knees straight
- Keep heels down
- Stretch is felt at back of both calves

**Duration**

### **Special instructions**



## MANUAL ACHILLES TENDON STRETCH

### Position

- Child lying on back
- Cup heel in hand
- Rest sole of foot on forearm
- Stabilise above the knee with the other hand

### Stretch

- Pull down firmly on the heel while pushing the ball of the foot up. Keep knee straight
- Stretch is felt in calf

**Hold**  seconds

**Repeat**  times

### Special instructions

If resistance to stretch is felt, bend the knee, stretch the ankle then straighten the knee while maintaining the ankle stretch. Place support under the knee to prevent hyperextension.



## **PASSIVE SITTING HAMSTRING STRETCH POSITION**

### **Position**

- As in photograph
- Knee should be as straight as possible and leg slightly out to the side
- Lower spine straight
- Sit with hips well back against the wall

### **Stretch**

- Stretch is increased by leaning forwards
- Stretch is felt at back of straight thigh

**Duration**

**Repeat other side**

**Special instructions**



## **PASSIVE SELF-STRETCH FOR HAMSTRINGS**

### **Position**

- Child lies on back in doorway or beside post
- Place leg to be stretched on the wall with knee slightly bent and bottom close to the wall
- Keep other leg straight

### **Stretch**

- Straighten the knee until stretch is felt in back of thigh

**Hold**  seconds

**Repeat**  times

### **Special instructions**



## MANUAL HAMSTRING STRETCH

### Position

- Child lies on back
- Place ankle on shoulder (as in photograph)
- Stabilise the opposite leg with other hand
- Keep knee of moving leg straight with hand

### Stretch

- Rock forward using this movement to perform the hamstring stretch
- Stretch is felt at back of upper thigh

Hold  seconds

Repeat  times

### Special instructions



## HIP FLEXOR STRETCH (PLUS ILIOTIBIAL TRACT)

### Position

- Child lies flat on tummy
- Cup bent knee in hand
- Ankle rests on elbow or upper arm
- Place other hand on bottom

### Stretch

- Pull knee up and **towards** the other leg while applying downward pressure on the bottom
- Stretch is felt in groin and outside of hip

Duration

Repeat on other side

Special instructions



## **ILIOTIBIAL TRACT (MANUAL STRETCH IN PRONE)**

### **Position**

- Child lies on tummy
- Grasp leg to be stretched at knee
- Stabilise and keep pelvis and trunk flat with knee and hand

### **Stretch**

- Lift leg up
- Pull leg across towards other leg
- Apply pressure on buttocks to keep pelvis flat
- Stretch is felt down outer thigh

**Hold**  seconds

**Repeat**  times

### **Special instructions**





## **ILIOTIBIAL TRACT (MANUAL STRETCH IN SIDE LYING)**

### **Position**

- Child lies on side with lower leg bent
- Leg to be stretched uppermost with knee straight
- Stabilise pelvis with hand and knee

### **Stretch**

- Take leg backwards as far as possible
- Apply firm downward pressure at the knee
- Stretch is felt down outer thigh

**Hold**  seconds

**Repeat**  times

### **Special instructions**



## HIP FLEXOR STRETCH IN SIDE LYING

### Position

- Child lies on side with underneath leg bent
- Hold as in photograph
- Lower hand cups knee
- Other hand applies pressure on uppermost buttock
- Stabilise pelvis with knee.

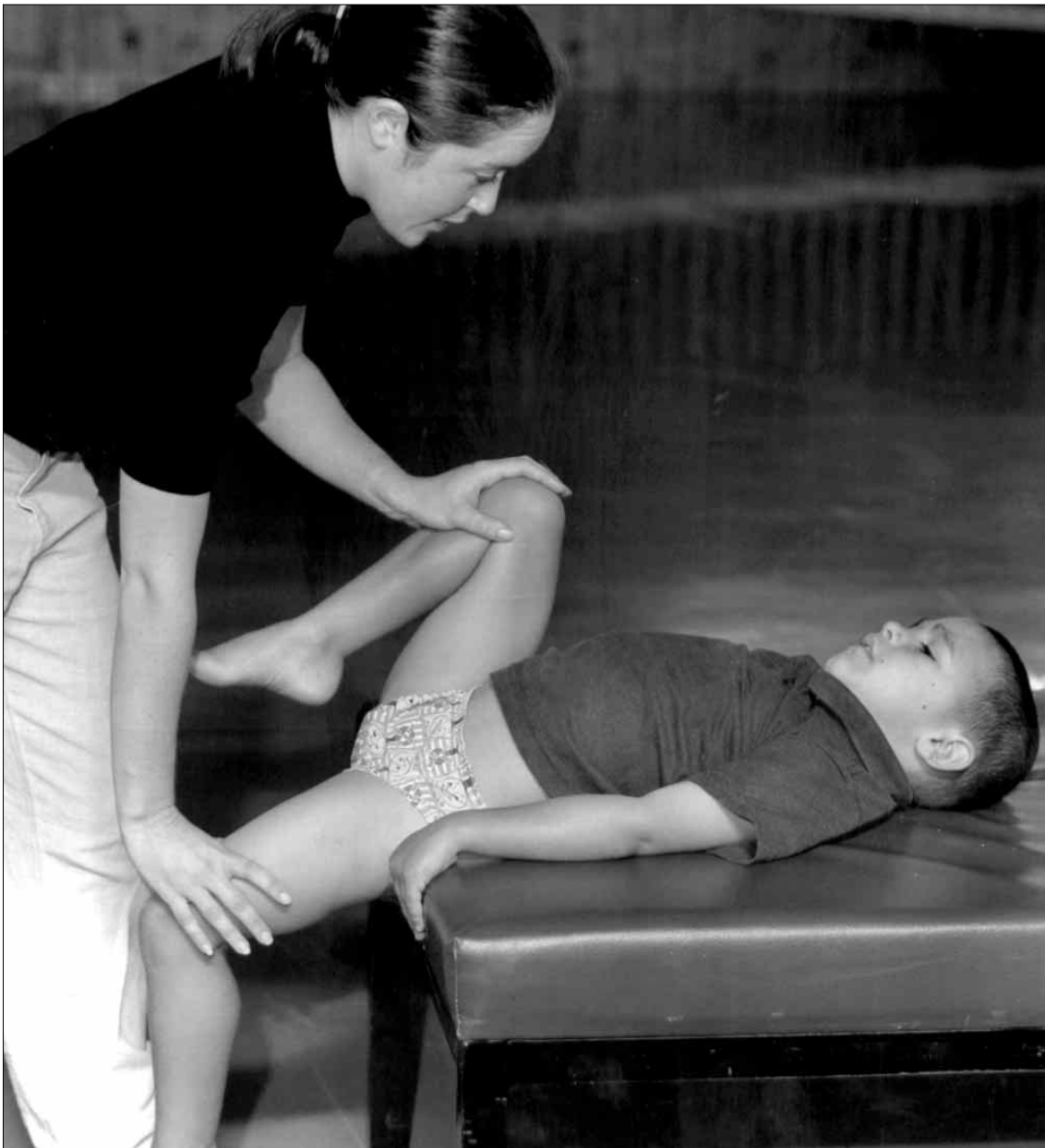
### Stretch

- Move top leg backwards until stretch is felt in groin

Hold  seconds

Repeat  times

### Special instructions



## HIP FLEXORS ON BACK

### Position

- Child lies on back
- Stabilise the lumbar spine by holding non-moving leg bent up on chest

### Stretch

- Push down on leg to be stretched while holding other knee in bent position (as in photograph)
- Stretch is felt in groin

Hold  seconds

Repeat  times

### Special instructions



## **ELBOW STRETCH**

### **Position**

- Child lies on back or sits on chair
- With palm facing upwards
- One hand supports shoulder joint or upper arm
- Hold above wrist with other hand

### **Stretch**

- Straighten elbow as far as possible, until stretch is felt in front of elbow

**Hold**  seconds

**Repeat**  times

### **Special instructions**



## **FOREARM STRETCH (PRONATORS)**

### **Position**

- Hold child's hand as in photograph
- Stabilise the wrist
- Stabilise at the elbow

### **Stretch**

- Slowly turn hand to 'palm up' position until stretch is felt

**Hold**  seconds

**Repeat**  times

### **Special instructions**



## **LONG FINGER FLEXORS**

### **Position**

- With elbow as straight as possible
- Support the child's palm, maintaining straight fingers
- Keep thumb out to the side
- Support the wrist

### **Stretch**

- Slowly bend the wrist and hand back until a stretch is felt in the forearm

**Hold**  seconds

**Repeat**  times

### **Special instructions**