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Exercise Booklet

Ankle plantarflexor stretch using a foam block



Client`s aim

To stretch or maintain range in your ankle.

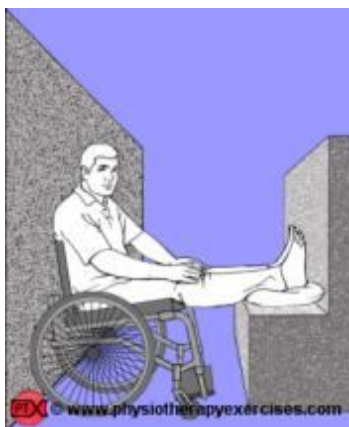
Client`s instructions

Position yourself lying on your back with your feet resting against a foam block at the end of the bed. Place a pillow under your calves to raise your heels off the bed.

Precautions

1. Impaired or absent sensation of stretch.

Hamstring and ankle plantarflexor stretch in sitting



Client`s aim

To stretch or maintain length in the muscles at the back of your thighs and ankles.

Client`s instructions

Position yourself sitting with your legs raised up on a chair. Ensure that your ankles are firmly pushed against the backrest of the chair.

Precautions

1. Impaired or absent sensation of stretch. 2. Ensure that the chair does not tip backwards.

Hip adductor stretch in supine using wedge



Client`s aim

To stretch or maintain range in your hips.

Client`s instructions

Position yourself lying on your back with a triangular wedge placed between your thighs. Ensure that your ankles are supported in an upright position and your heels are lifted off the mattress.

Precautions

1. Impaired or absent sensation of stretch.

Hip flexor stretch in prone



Client`s aim

To stretch or maintain range in your hips.

Client`s instructions

Position yourself lying on your stomach with pillows under your chest and knees.

Precautions

1. Impaired or absent sensation of stretch.

Hip internal rotator stretch in long sitting



Client`s aim





To stretch or maintain range in your hip.

Client`s instructions

Position yourself sitting with one leg out straight in front of you and your other knee bent so that it points out to the side. Place your foot on your opposite leg.

Precautions

1. Impaired or absent sensation of stretch.

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