

Personal exercise program



Frederick Holmes School
Frederick Holmes School
Inglemire Lane, HU6 8JJ, Kingston-upon-Hull, United Kingdom

Provided by Sammie Scott-Wells
Provided for



©Physiotoools

Leaning forward against the wall as shown.

Stretch heels towards the floor. You should feel a stretch in the back of your calves.

Don't let your heels lift off the ground.

Don't lean forwards at the hips, keep your back straight and bottom tucked in.

Hold _____ secs.

Relax.

Repeat _____ times.



©Physiotoools

Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg.

Hold approx. _____ secs. - relax.

Repeat _____ times.



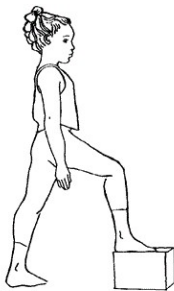
©Physiotoools

Stand on a step with both heels over the edge. Hold on to a stable support.

Let the weight of your body stretch your heels towards the floor.

Don't lean forwards at the hips, keep your back straight and bottom tucked in.

Repeat _____ times.



©Physiotoools

Stand with one foot on a small step with both feet facing forwards.

Lean forward into your front leg. Keep your upper body in line with your back leg. Don't let the heel of the foot on the step lift up, keeping it in contact with the step.

Hold _____ secs. Repeat R _____ L _____ times.