



PLEASE READ BEFORE CONTINUING



WARNING AND DISCLAIMER

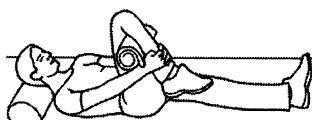
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

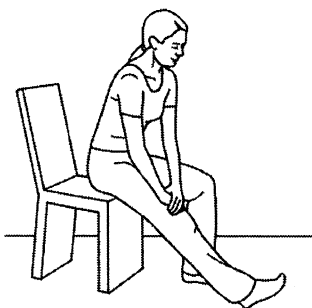
The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.



Lying on your back with your leg bent up. Put a rolled towel under your knee as shown and clasp your hands around your ankle.

Pull your ankle towards your bottom.

Repeat 10 times.



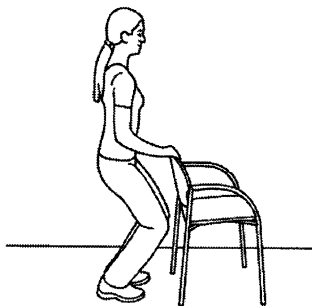
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Sit on a chair with one leg straight in front of you.

Place your hands on your thigh just above the knee cap. Lean forwards keeping your back straight. Straighten your knee assisting the stretch with your hands.

Hold 2 seconds.

Repeat 10 times.

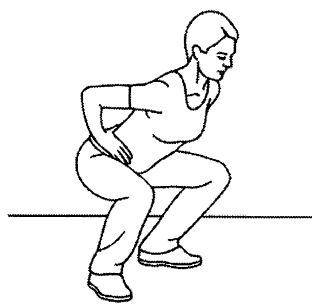


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Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 2 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat 10 times.



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Stand straight with your feet hip width apart.

Sit back so that your knees stay above your toes. Stop when your thighs are parallel to the floor. Do not let your knees turn in or out.

Repeat 10 times.

**STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND
SEEK MEDICAL ADVICE**