



Flexibility and Stretches

1. Seated Hamstring

- Sitting in a firm chair
- Place operated leg onto a small box or cushion
- Keeping back upright, gently straighten knee
- Progression: Lean forward through hips as shown



2. Standing Hamstring

- Standing with operated leg on small chair or step
- Keeping front knee straight, slowly lean forward
- Ensure back is straight as you lean forward at hips
- Ensure knee does not bend or straighten throughout
- Can also be done with a slightly bent knee



3. Posterior Knee Stretch

- Laying in bed - place a small towel or cushion under your ankle of operated leg.
- Place a small weight or ice pack on top of knee
- Maintain position for 5 - 10 minutes as able



4. Laying Gluteal Stretch

- Lay on back on bed or floor, both knees bent
- Cross ankle of one leg across thigh of bent leg
- Draw stretch leg up towards chest as shown
- Hold 10 - 15 seconds and repeat 3 times



5. Seated Gluteal Stretch

- Starting in a chair
- Cross ankle of one leg across thigh of other leg
- Gently lean forward over legs
- Hold 10 - 15 seconds and repeat 3 times



6. Chair Quads Stretch

- Sitting in a chair, feet on floor
- Slide foot back as far as possible along floor
- Raise heel of foot on operated side
- Slide or lift buttocks and move towards edge of chair - ensure your foot stays where it is.



7. Standing Quads

- Stand with your back to a chair
- Raise leg up behind and rest your shin on surface of chair - a towel or cushion can be used on chair.
- Tuck bottom under
- Hold 15 - 20 seconds as able, repeat x 3
- Progression: Bend supporting knee



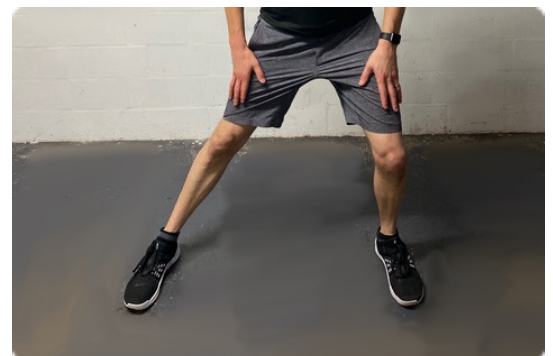
8. Hip Flexor Stretch

- Laying on your back on edge of a bed or table as shown
- Pull one leg into the chest holding with your hands
- Allow other leg to relax towards to the floor
- Feel stretch increase at front of hip joint
- Hold 15-20s seconds, repeat x 3
- *Alternatively: Kneel on the knee of leg to be stretched, other leg up in front. Tuck bottom under and squeeze buttock of stretching leg - 10 - 15 seconds x 3*



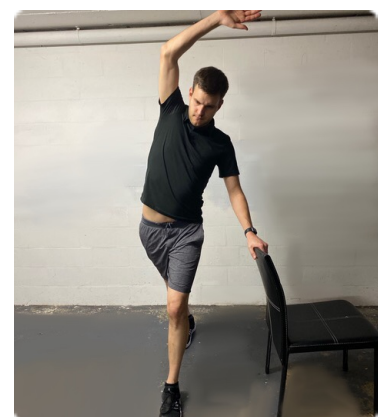
9. Adductor Stretch

- Standing with feet 2 shoulder widths, holding on for support
- Bend one knee leaning across with body weight
- Allow inner thigh of straight leg to stretch
- Hold 10-15s and repeat 3x



10. ITB Stretch

- Standing feet shoulder width apart, hold on for support
- Slowly stretching leg behind other leg
- Raise arm on stretching leg side
- Lean back and over with arm as shown
- Should feel gentle stretch into front of stretching hip
- Hold 10-15 seconds, repeat 3x



Exercises above are given as a guide only.

Please ensure you perform the exercises as indicated by physio when the sheet is provided.

All exercises can be modified/progressed when appropriate - seek assessment from a community physiotherapist