Improving your flexibility to STAY ON YOUR FEET®

For all flexibility exercises start with your hands holding onto a support such as the kitchen bench. If you remove your hand always keep your hand close to the support in case you need to steady yourself.

These movements should be performed gently with control. Ease into each position, it should not cause any discomfort or pain.

Calf stretch
- Hold onto a table or wall.
- Stand with your right leg forward (knee slightly bent) and left leg back (knee straight) with your heel flat on floor.
- Lean forward until you feel a gentle stretch at the back of your left calf.
- Hold for 15 seconds.
- Repeat from the beginning, with your left leg forward and right leg back.
- Repeat another 2 times with each leg.

Hamstring stretch
- Move forward to sit on the edge of the chair.
- Place your left leg forward with your knee straight and toes up.
- Keep your back straight, lean forward until you feel a gentle stretch in the back of your left leg.
- Hold for 15 seconds.
- Change to your right leg and repeat movements from the start.
- Repeat another 2 times with each leg.

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Hip flexor stretch

- Hold onto a table or wall.
- Stand with your feet comfortably apart.
- Place your left leg back with foot pointing down.
- Lean into the stretch, keeping back leg straight.
- Push hips forward slightly.
- Feel a gentle stretch at the front of the left hip and thigh.
- Hold for 15 seconds.
- Change legs and repeat from the start.

Please see an appropriate health professional if you have any concerns before commencing these activities. Remember to start slowly and stop straight away if you feel pain when performing these activities.

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