



Leg Exercises

Stretch of Hamstrings, Glutei, Piriformis, Sciatic Nerve and the Low Back

LEGM18

Function

To stretch, lengthen and relax the muscles of the buttock and low back. Also stretches hip joint, the hamstrings, piriformis and sciatic nerve. Generally an easy and safe exercise to perform.

Method

Starting Position:

Lie flat on back. Bend knee of affected side and clasp fingers of both hands around back of thigh of affected side (not as shown in this image). Draw thigh as close to chest as possible and hold in this position.

Action:

Slowly and in a controlled manner straighten the knee of affected side without allowing the thigh to move away from the chest. When a stretch at the back of the thigh and knee is felt stop and hold this position. Hold this position for 10-20 seconds whilst breathing slowly and deeply. Return to starting position, relax and repeat as prescribed.

Notes:

It is possible to improve this stretch. Once the knee has been straightened and a stretch felt, slowly bend the foot of the affected side downwards towards your body. Hold this final position for 10-20 seconds whilst breathing slowly and deeply.

Alternative way:

From a standing position, place the heel of one foot on a chair (a cushion may be positioned between the heel and the chair for comfort) and slowly without arching your back lean towards that same leg. Make sure to look straight ahead. Do not allow your hips or torso to twist, hands may be placed on the thigh of the leg being stretched for support. Hold the stretch for 30 seconds and repeat on the other side.

