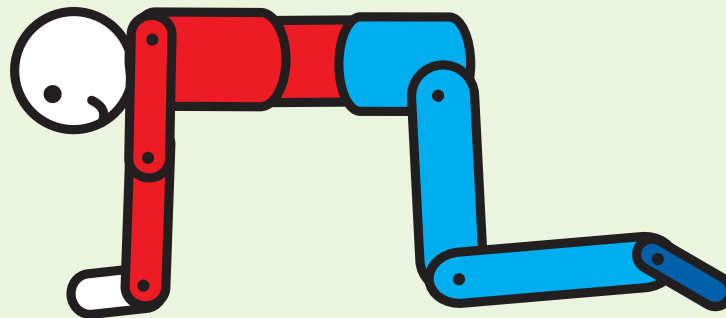


Exercise 20

Leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

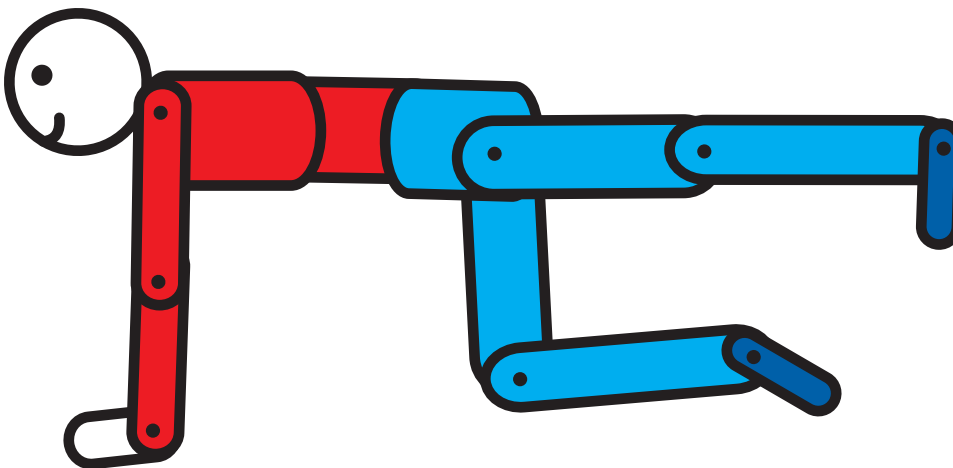


Step one

Lift one leg straight out behind you and hold

Step two

Then lower slowly. Repeat on the other side. Repeat 3-5 times each side.



If you cannot lift your leg off the ground, do the exercise by sliding the leg out behind you keeping the toes in contact with the floor.

Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

If you have problems/concerns, talk to a physiotherapist.