Exercise 1
Lying knee bend

Starting position: Lying with knees bent up and feet flat on floor/bed about 12” (30cms) apart

Step one
Pull one knee up to chest with both hands, keeping the other leg stretched out.

Step two
Release, then repeat with the other leg. 3-5 times each leg.

If you have problems/concerns, talk to a physiotherapist.
Exercise 2
Knee roll

Starting position: Lying flat (or if your legs go into spasm - lying with knees bent up and feet flat on floor/bed)

Step one
Roll knees over to the left, stretching diagonally across the trunk. Bring them back to the middle.

Step two
Then roll the knees over to the right and back to the middle again. Make sure both shoulders stay in contact with the floor or bed. Repeat 3-5 times each side.

Don’t rush and make sure you don’t let your knees flop!

If you have problems/concerns, talk to a physiotherapist.
Starting position: Sitting on the edge of the bed or on a settee, with feet on the floor

**Step one**
Slide one hand along the bed whilst stretching and elongating your trunk. Keep facing forward.

**Step two**
Come back to the middle and repeat on the other side. Repeat 3-5 times each side.

If you have problems/concerns, talk to a physiotherapist.
Exercise 11
Table slide

Starting position: Sitting at a table

Step one
Put your hands on top of a duster or towel. Using the duster, slide your hands away from your body so that you stretch forward and elongate your trunk.

Step two
Return to the starting position and repeat 3-5 times.

If you have problems/concerns, talk to a physiotherapist.
Starting position: Stand with one leg in front of the other as you would when taking a stride

Step one
Both heels must stay in contact with the ground. Bend the front knee in a lunging style, as if you were fencing. Feel the stretch in the back leg, especially in the calf.

Step two
Hold for a few seconds then come back to the starting position and repeat on the other side. Repeat 3-5 times.

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