

Lower limb general mobility exercises - sheet 1

All the exercises shown here are great to help mobilise the lower limbs



Exercise 1 - Massaging the soles of the feet

- Place a massage ball under the other foot
- With as much sure as is comfortable slowly roll the ball around the sole of the foot for around 30 secs to a minute
- pay particular attention to the arch of the foot
- Swap feet and repeat on the other side



Exercise 2 - Achilles tendon step stretch (static loading)

- Using a step, place the ball of the foot on the lip (as per the picture) and drop the heel down off the edge.
- Hold for 10 secs
- Then release the pressure by bringing the heel up.
- Try again, but this time with a slight bend in the knee of the leg you are stretching
- Hold for 10 secs, swap legs and repeat the steps above.



Exercise 3 - Achilles tendon wall stretch (static loading)

- Using a wall, position yourself as per the picture
- The back foot should have the heel on the floor
- If you cannot feel the stretch lengthen the distance between the front and back legs until you do
- Hold for 10 secs
- Try bending the back knee a little, whilst keeping the foot flat on the floor to increase / change the angle of the stretch, hold for another 10 secs.
- Swap legs and repeat the steps above