

Lower limb general mobility exercises - sheet 4

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



Exercise 1 - iliotibial band / lateral quads massage

- Place yourself on the foam roller as per the image across
- Note the straight leg has the foot turned inwards to align the roller with the fascial join between the iliotibial band and the lateral aspect of the quads
- Using your left leg as a lever, slowly move yourself so the roller travels down the leg
- When you hit a sore point, rest on it for upto 20 secs, or until the pain has receded (whichever is the quickest)
- Once you reach the outside of the knee stop
- Change legs and start again.
- Repeat steps 3-6, three times
- Swap legs and start from the beginning again



Exercise 2 - tensor fascia lata massage

- Using a massage ball against a wall position yourself as shown in the picture across.
- keeping the pressure against the wall constant, slowly move so the ball massages the area in front of the bony lump at the top and on the lateral (outside) aspect of your leg.