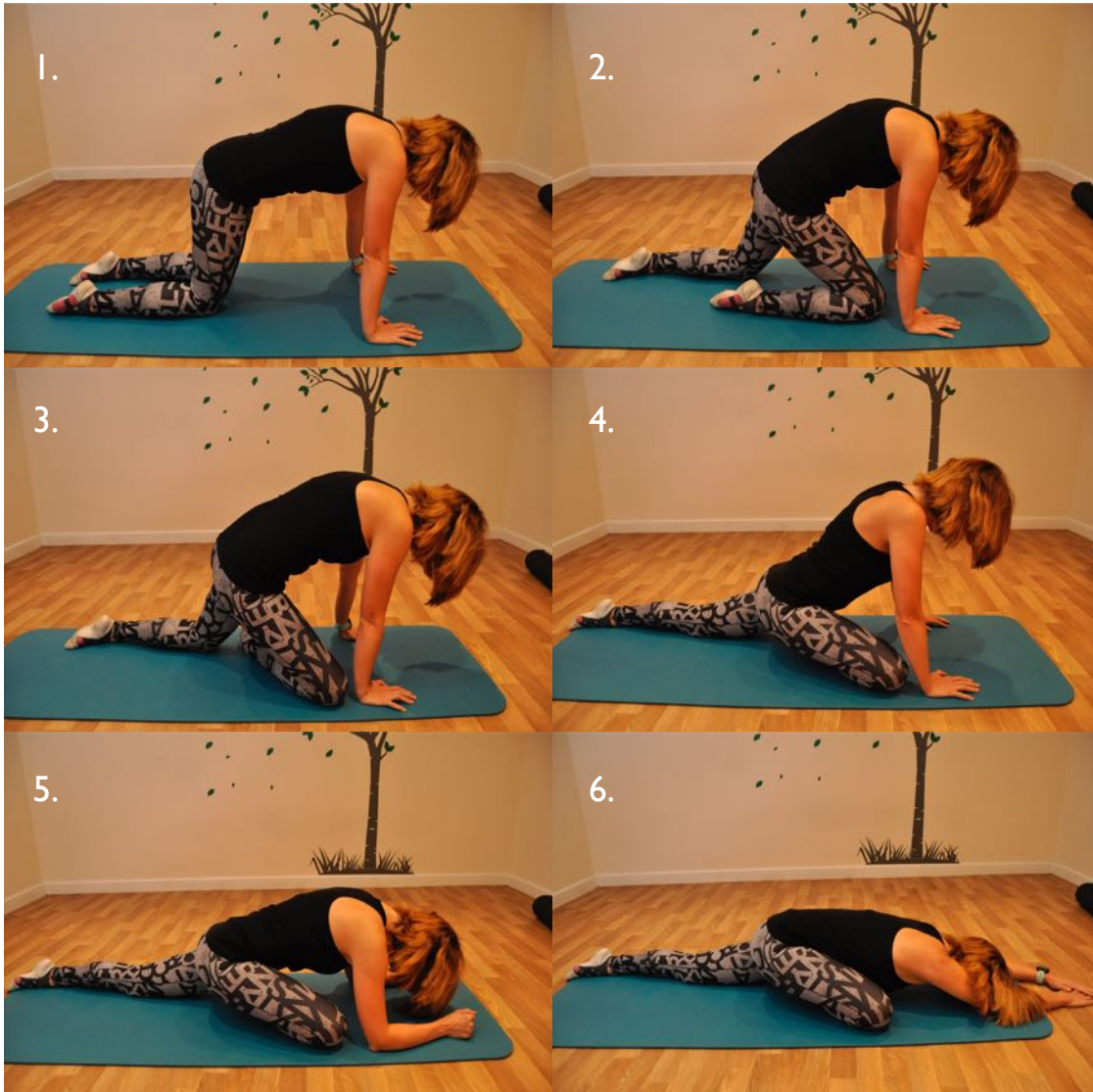


# Lower limb general mobility exercises - sheet 6

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



## Exercise 1 - piriformis stretch (pigeon pose)

- This exercise is great for people who are suffering with piriformis type symptoms, however, you should not attempt it if you have knee problems, as it puts a lot of pressure through the knee joints.
- Starting at picture 1 rest on your hands and knees as shown
- Slide your right knee forwards until it touches your right wrist (picture 2)
- Rotate your right leg so that your right foot is resting on the floor in front of your left leg (picture 3)
- Now slide your bottom backwards, using your hands to gently support you (picture 4)
- **(optional)** If you are not feeling a stretch yet bend further forwards by putting your forearms on the floor (picture 5)
- **(optional)** if after the previous step you are still not feeling a stretch push your arms out in front of you and rest your forehead on the floor.
- To come out of this exercise reverse the steps you took (i.e. pictures 6 back to 1)
- To stretch the left hip, start from the beginning but bring your left knee forwards instead of your right.