

Lower limb general mobility exercises - sheet 5

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



Exercise 1 - Kneeling lunge psoas stretch

- Making sure you use a padded floor, or mat settle into a kneeling lunge, making sure the front knee is slightly behind the front ankle, as per picture 1.
- Tucking your tailbone under (so your back is nice and straight) push your hips forwards so that your front knee is at 90° and is directly over the foot (see picture 2 across)
- You should feel a stretch in the back leg down the front of the hip. If you don't lengthen the starting stance of your lunge (i.e. increase the length between the front and back legs) and then try again.
- Hold the stretch for a count of 10 and release
- Swap the stance (so the opposite knee is at the front) and start from the beginning again



Exercise 2 - Standing lunge psoas stretch

- Position yourself as per picture 1 across. Note that with the rear foot, the heel is off the ground and the front knee is slightly behind the front foot
- Tucking your tailbone under (so your back is nice and straight) drop your hips straight down so both the back knee is bent and the front knee is now over the ankle
- Hold the lunge for a count of 10 and release
- Swap the stance (so the opposite knee is at the front) and start from the beginning again