Feedback
We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204
From a mobile or abroad: 0115 924 9924 ext 65412 or 62301
E-mail: pals@nuh.nhs.uk
Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk
Lower limb stretches
We recommend that these exercises are carried out daily. Please complete the exercises that have been ticked.

During these exercises, you should feel the stretch described but this should not be painful.

Only complete the stretches that have been advised by your clinician.

☐ Quadriceps Stretch
Lying on your front, reach for your ______ foot and pull your heel towards your bottom. You should feel a stretch down the front of this thigh.

Hold for 30 seconds
Repeat 5 times

☐ Hamstring Stretch
In standing, place your ______ leg out in front of you and bend your ______ knee. Lean your body forwards and feel a stretch down the back of your straight leg.

Hold for 30 seconds
Repeat 5 times

☐ Calf Stretch 1
Stand with your ______ foot in front and your ______ foot behind. Keep your toes facing forwards. Keep your back leg straight and bend your front knee. Feel a stretch down the back of your calf

Hold for 30 seconds
Repeat 5 times

☐ Calf Stretch 2
Put your ______ toes against the wall and keep your foot straight. Bend your knee as far as you can, without lifting your heel. If this is easy, move your foot back away from the wall slightly. Feel a stretch down the back of your calf

Hold for 30 seconds
Repeat 5 times