



The Stretching Trial

Instruction for stretching

Position yourself as described below. Make sure you are stretching the correct muscle; you should feel a strong but not painful stretch. Maintain the stretching for at least 30 seconds. Keep the muscle as relaxed as possible during the stretching. You may need to support yourself for balance.



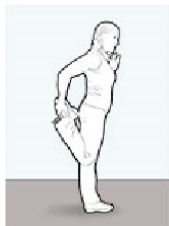
1. Gastrocnemius

Place one leg a long step behind the other, with your feet pointing forwards. Straighten your back and upper body. If needed support your arms against a wall. Press your heel down.



2. Hip adductors

Stand upright with your feet wide apart and your knees in front of your toes. Transfer your weight well to one side. Move your buttocks slightly backwards and keep your back and upper body straight.



3. Quadriceps

Use one hand to grasp one foot and pull it towards your buttocks. Steady yourself against a wall with the other hand if needed. Tighten your buttocks and point the knee downwards. Keep your lower back straight.



4. Hamstrings

Stand on one knee with your weight on this leg. Stretch the other leg forward and move your buttocks slightly backwards. Keep your back straight.



5. Hip flexors

Stand on one knee and place your other foot on the ground, well ahead of your knee. Keep your back straight; don't curve your lower back. Press your hips well forward.



6. Gluteals

In sitting, extend one leg out in front of you. Bend the other knee up towards your chest and place the foot on the outside of the extended leg, next to the middle of the thigh. Straighten your back. Pull your knee towards your chest using the opposite arm.



7. Trunk rotators

Lie on your side and lift your knees towards your chest. Twist your upper body to the opposite side and hold.