

Supporting Young People with ME/CFS

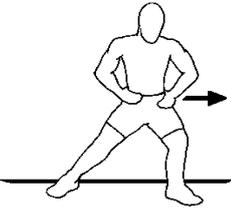
Lower Limb Stretches

This leaflet should be used in conjunction with advice from your ME/CFS Clinician

ME/CFS Patient Information

These exercises are recommended by our Physiotherapy Team.

If you have any questions regarding this information please contact the Physio team on 01225 821340.

	<p>Stand, holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.</p> <p>Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh.</p>
	<p>Lying on your side with your legs bent. Take hold of the ankle of your upper leg.</p> <p>Gently draw your foot towards your buttock. Feel the stretch in the front of your thigh.</p>
	<p>Stand with the leg to be stretched in front of you.</p> <p>Flex your ankle and push the heel towards the floor keeping your knee straight, relax. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.</p>
	<p>Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.</p> <p>Lean your body forwards and down until you feel the stretching in the calf of the straight leg, relax. Make sure both feet are facing forwards. Stretch the other leg.</p>
	<p>Standing with the feet spread wide apart, shift your pelvis and torso away from the stretch side.</p> <p>Keep the spine and pelvis in a neutral position. Note the width of the stance and the amount of shifting to the side can be adjusted until a comfortable stretch is felt along the inner aspect of the thigh.</p>



Contact

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Further information

www.ruh.nhs.uk/cfs

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.
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