

Lower Limb Mobility

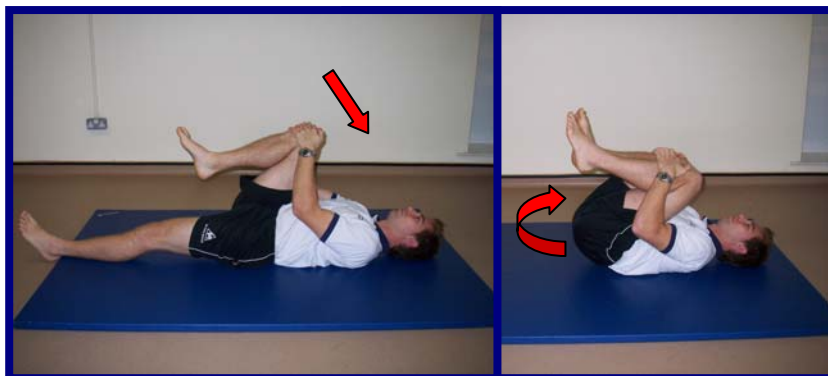
Aim- To take the joints through their full range of movement. It is important to maintain slow movement throughout the full pain free range. Repeat the movement for a minimum of 30 repetitions. A full mobility session should last between 20 – 30 minutes.

1. Heal slides



- Slide your legs along the mat. Alternate right and left.
- Keep heel in contact with the mat.

2. Knee to chest



- Take your knee to chest and apply an overpressure. Repeat heel slide.
- Take both knees to your chest and allow your pelvis to lift off the mat.

3. Single leg drop out



- Start with your knees bent, feet on mat. Slowly drop each leg out to the side, one leg at a time. Repeat left and right.

4. Abduction



- While maintaining your hip position, take your leg to the side and turn your foot out towards the floor. Repeat right and left.

Progression:

- Apply an overpressure/ pulsing at end of range.

5. Hip flexion/ extension



- In side lying keep your top leg straight and slide along the mat forwards and backwards. Repeat left and right.

Progression:

- Pulses end of range

6. Hip slides



- Lying on your front. Take your knee to chest. Try and keep your hips flat on the mat. Take the knee as high as possible.
- Repeat right and left

7. Hip rotation



- Keep the pelvis flat in contact with the mat. Take your knee to 90 degrees and allow your leg to slowly fall out to the side. Repeat both left and right.

8. Heal Taps

- Keep the pelvis in contact with the mat. Take your heel towards your back then straighten out. Repeat right and left. If pain free then apply an over pressure by holding the ankle and increasing the stretch. Keep the leg moving, do not hold the position.

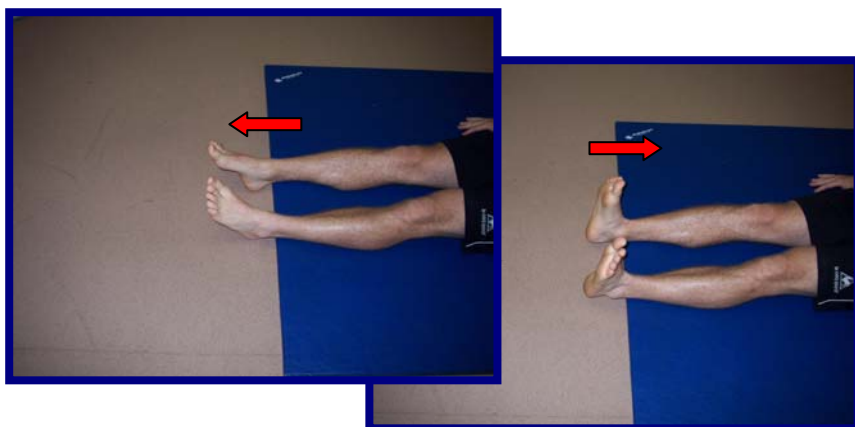


9. Abduction/ adduction leg slide.



- From the four-point kneeling position straighten your leg and slide your foot across the mat. Repeat left and right.

10. Plantar- flexion/ Dorsi- flexion



- With your feet off the end of the mat. Push the foot down away from you and then pull the foot up towards the knee. Take the joint through a full pain free range of movement.

11. Inversion / Eversion



- Try to keep the foot vertical. Turn the sole of the foot inwards then out as far as you are able in either direction.

12. Leg swing



- In standing, maintain an upright posture and swing your leg forwards and backwards. Try to reduce any spinal movement. Repeat left and right.