

Exercise plan:  
**Post run stretching plan**

Patient:  
**Mrs Chloe force**

Date:  
**22nd Jan 2024**

### Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

**Hold for 10 sec, Repeat 2 times, Perform 1 times daily**

Video: <http://youtu.be/dkblfX4DW0>



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### Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

**Hold for 10 sec , Repeat 2 times, Perform 1 times daily**

Video: <http://youtu.be/8PQleXdrnXg>



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### Glute Stretch Sitting Flexion

Sit on a chair and place one leg across your opposite knee. Gently lean forward to create a stretch in your buttock on that side. This is a glute stretching exercise.

**Hold for 10 sec, Repeat 2 times, Perform 1 times daily, Both sides**

Video: <https://youtu.be/5vB1vmp4qhA>



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## Quadriceps Stretch 2

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

**Hold for 10 sec, Repeat 2 times, Perform 1 times daily, Both sides**

Video: <http://youtu.be/BZwmTXwu2fk>



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## Glute Stretch Sitting 2

Pull you knee towards your opposite shoulder. You should feel a stretch in your bottom. You can change the angle that you bend your hip to make the stretch more effective to a particular part of your bottom.

**Hold for 10 sec , Repeat 2 times, Perform 1 times daily, Both sides**

Video: <http://youtu.be/z2xdFGXRQug>



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## Lumbar Rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

**Repeat 12 times, Perform 1 times daily, Both sides**

Video: <http://youtu.be/UxORTXzuU9E>



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## Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

**Hold for 10 sec , Repeat 2 times, Perform 1 times daily, Both sides**

Video: <http://youtu.be/ZEz80zvkuV4>



### **Door Frame Stretch Double Arm**

Place your arms above a door frame, and walk forwards creating a stretch underneath your armpits. This is an advanced mobility exercise for the shoulder.

**Hold for 10 sec , Repeat 2 times, Perform 1 times daily**

Video: <http://youtu.be/qoVIEji8FzA>

Dear Chloe, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [admin@heavitree-osteopaths.co.uk](mailto:admin@heavitree-osteopaths.co.uk). Good luck and keep with it!

# Exercise Diary:



## Toe Touch

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

19. Feb (Week 5)							26. Feb (Week 6)							04. Mar (Week 7)							11. Mar (Week 8)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

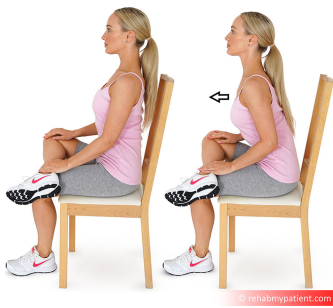


## Heel Drop Gastrocnemius Stretch

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

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M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S



## Glute Stretch Sitting Flexion

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

19. Feb (Week 5)							26. Feb (Week 6)							04. Mar (Week 7)							11. Mar (Week 8)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S



## Quadriceps Stretch 2

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

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## Glute Stretch Sitting 2

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S

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## Lumbar Rotation

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## Double Leg Back Stretch

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
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## Door Frame Stretch Double Arm

22. Jan (Week 1)							29. Jan (Week 2)							05. Feb (Week 3)							12. Feb (Week 4)						
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