

Name: _____
DOB: _____
URN: _____

Physiotherapy

Pregnancy Stretches

1. Alternate piriformis stretch

Lying flat on your back with both knees bent up, place your left foot onto the front of your right knee and turn left leg outwards. Using both hands, hold onto the back of your right thigh. Pull your right thigh towards your chest. You should feel a stretch in the back of your buttock.

Hold ____ seconds.

Repeat ____ times each leg.

Perform ____ times daily.



2. Quadratus Lumborum stretch

Begin seated with knees bent and feet flat on the ground in front of you, palms flat on the floor at your sides (not pictured). Press your weight into your hands and swing both legs around to your left side, letting your knees angle to the right side of your body. Place left hand out to the side supporting your weight and extend your right arm overhead.

Lean from the hips over to your left side, rounding your right arm over your head.

Hold for ____ seconds.

Repeat ____ times each side

Perform ____ times daily.



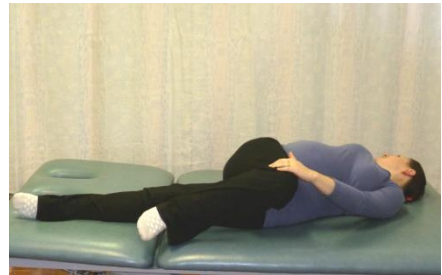
3. Lateral trunk stretch

Laying flat on your back, bend your right knee up towards you. Cross that knee over towards your left hip as pictured and gently pull your knee towards your left hip, looking in the opposite direction. Your shoulders should stay flat against the floor. A comfortable stretch should be felt along the side of the lower back.

Hold for ____ seconds. Relax.

Repeat ____ times each side.

Perform ____ times daily.



4. Lower back stretch

Begin kneeling on your hands and knees.

Slowly slide your arms out forward along the floor, simultaneously lowering your trunk and head towards the ground – but keep your buttocks in the air. You can separate your knees slightly to make room for your belly.

Hold ____ seconds.

Repeat ____ times.

Perform ____ times daily.



25110 Advice or Information

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5. Hamstrings stretch

Lie on your back with both your knees bent up. Bend your hip up to 90 degrees. Slowly straighten your knee to the point of tension, not pain. Hold for ____ seconds.

Repeat ____ times each leg.

Perform ____ times daily.

*NB: If you feel dizzy, lightheaded or short of breath **do not** perform this exercise lying on your back.*



6. Alternative hamstrings stretch

Stand with the leg to be stretched resting on a small step (or chair). Slowly bend your trunk forwards keeping your back and knee straight, until you feel a gentle stretch down the back of your thigh.

Hold for ____ seconds.

Repeat ____ times each leg.

Perform ____ times daily.



7. Gastrocnemius stretch

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.

Lean your hips forwards and down until you feel a stretch in the calf of the straight leg. Keep your back heel on the floor.

Hold ____ seconds. Relax.

Repeat ____ times each leg.

Perform ____ times daily.



8. Soleus stretch

Starting in the same position as above (with the leg being stretched out behind you). Take support from a wall or chair.

Gently bend the back leg at the knee and let the weight of your body stretch your calf without lifting the heel off the floor.

Hold ____ seconds. Relax.

Repeat ____ times each leg.

Perform ____ times daily.



Physiotherapist _____ Signature _____ Date ____/____/____
(Name & Designation)