
Complete these as a warm up prior to activity.

Video



©Physiotools

Stand.

March in place for 30 secs.

Video



©Physiotools

Glute Kicks

Bend the knee and lift your foot off the floor, tap your bottom with your heel. You can put your hands behind you and tap your hands, or hold as shown if needed for support.

Seconds 30

Video



©Physiotools

Leg Swings Sideways

Start by standing and lift one leg off the floor.

Start swinging the leg in front of the other leg back and forth from one side towards the other side. Keep the movement relaxed.

Repeat 30 seconds each leg

[Video](#)



Squat

Stand tall with feet slightly wider than hip-width apart. Toes pointing forward or turned a few degrees outwards. Keep your chest up and your spine and neck in a neutral position.

Squat down by sitting back and bring your arms forward. Push back up through the heels, chest up, and straighten your hips.

Note:

- Keep your hips, knees and toes aligned and don't let your lower back round.
- Keep your weight evenly on your whole foot.

Repeat 8 - 10 times.

[Video](#)



Split Squats

Stand straight.

Take a step forward and bend your knees. Return to the starting position. Do not let your knees turn in or out.

Repeat 8 - 10 times each leg

[Video](#)



Standing Calf Raise

Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.

Rise onto your toes in the direction of your second toe. In a controlled manner return to the starting position.

Note: Avoid shifting the weight towards the outer side of your forefoot during heel raise.

Repeat 8 - 10 times.

[Video](#)



Standing Quad Stretch

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.

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. Hold 30 seconds on each leg

[Video](#)



©Physiotools

Single-leg Standing - Alignment

Start by standing. Move weight over to one leg and lift the other leg off the floor.

Keep your hips level and try to lengthen from the ankle of the supporting leg until the back of your head. The knee of your stance leg should point straight forwards as should your toes and hips.

Continue for 20-30 seconds on each leg
