

Leg Extensions

Starting Position: kneeling on all fours.

Action: straighten one leg back behind you, keep the foot low to the ground so as not to arch your back excessively. Bring the leg forward again, keeping your knee off the ground, swing it past the other knee towards your hands. Try not to let your back curve excessively. Continue on the same side for 30 repetitions before changing legs.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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