

Heel Slides with Arms

Starting Position: lying on your back with your knees bent and feet flat on the floor. Find your start point as described above. Point both arms straight up towards the ceiling. Keep your hands shoulder width apart.

Action: as you inhale, extend your left leg away from you, keeping the heel just off the floor. Follow the leg with your left arm. Be careful to keep the small curve at your lower back. As you exhale, bring you leg back to the start position. Repeat 30 times alternating sides.



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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