

Bugs Legs

Starting Position: lying on your back with your feet off the floor so that your hips and knees are bent to 90°. Point both arms towards the ceiling. Keep your hands shoulder width apart. When you are in this position your lower back should be flat against the floor.

Action: as you inhale, extend your left leg away from you. Follow the leg with your left arm. You will need to work hard to keep your lower back flat on the floor. Inhale as you bend the leg back to the starting 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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