**Upper and lower Leg Corrective Exercises**

**Self Myo Fascial Release with Foam Roller or Ball**

Do these exercises whenever you can, ideally once per day for 15 minutes. Also perform Pre Exercise as a warm up or post exercise as cool down and before static stretching.

Hold on very tender areas for 30-90 seconds to help reduce lumps.

Focus on these areas for your condition.

**Lateral Gastrocnemius/soleus Hamstrings**





**Hip Flexors TFL: fleshy muscle at the top of your IT band**

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Adductors



**Static Stretches: 30 second hold/ 6-10 second isometric contraction, 30 sec hold**

**Gastrocnemius Soleus**





Hip Flexors

Hamstrings Adductors

 

**Isometric Activation and Strengthening**

10 to 15 reps, 1 -2 sets

Tibialis Anterior Glut strengthening

(ensure abdominal muscles are pulled in as you lift each leg alternately)





**Erector Spinae Core stabilisers**



**In addition to these exercises and stretches, I strongly recommend that you regularly attend either some form of flexibility class i.e. Pilates in addition to a resistance training class, preferably a kettlebell training class or circuit training. Please see my website** [www.iam-fitness.co.uk](http://www.iam-fitness.co.uk) **for further information regarding the classes I run.**

**You must aim to foam roll or stretch at least 3 times per week, of which stretching post exercise will class as a 1 of your stretching sessions per week.**

References:

Hendrickson, T., 2009. Massage and Manual Therapy for Orthopedic Conditions. 2nd Ed. USA. Lippincott, Williams and Wilkins.

NASM Essentials of Corrective Exercise Training, 2014. 1st Ed. USA. Jones and Barlett Learning.