

Lower Limb Stretches



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The most common areas affected by GVHD in the Lower Limb are:

Ankles,

Hips

&

Knees

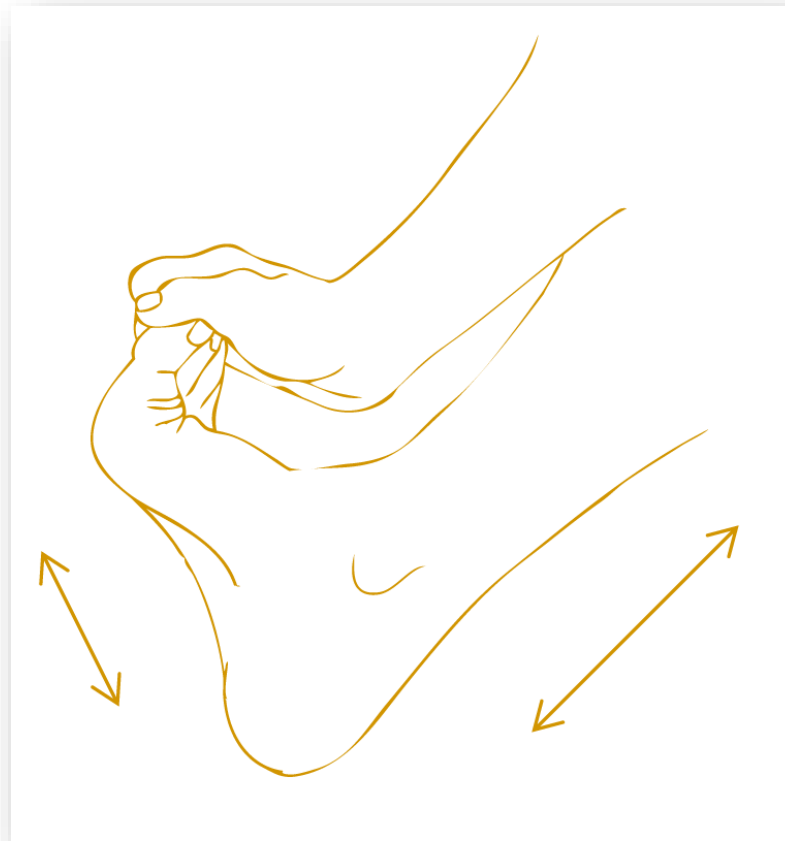
RECOMMENDATIONS:

Hold each stretch for 30 seconds, repeat 3 to 5 times.

Perform stretches 3 times a week.

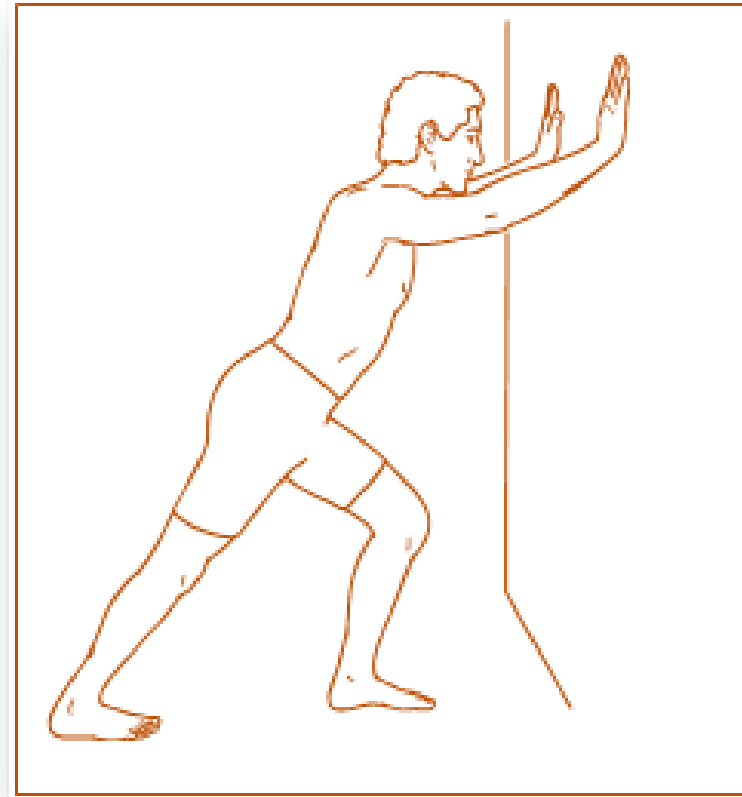
The stretch should not be painful.

Toe Stretch



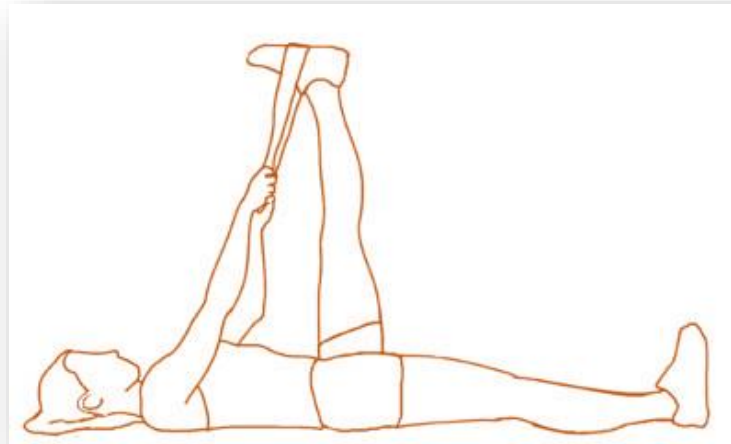
Sitting on a chair lean forward to reach for your toes. Grab the toes with the fingers and pull them gently towards your shin to feel the stretch in the sole of the foot and the lower calf.

Calf Stretches

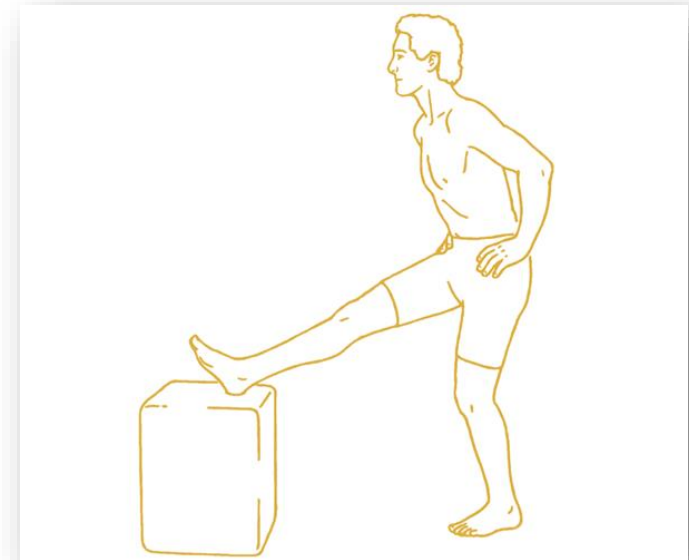


From closed fist position open your fingers spreading your fingers apart as far as comfortable.

Hamstrings Stretch

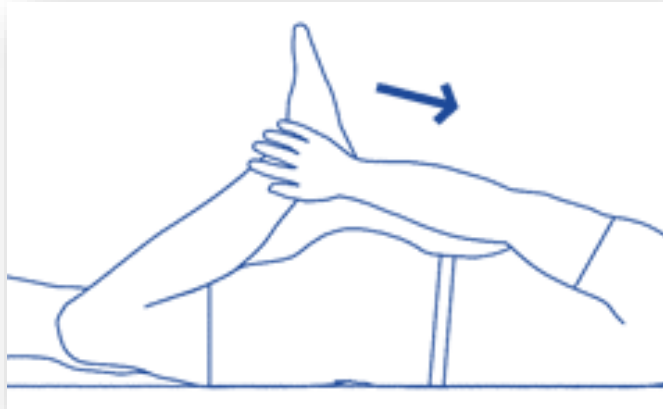


Lie on your back and lift one leg up keeping the knee straight using an anchor around the foot.

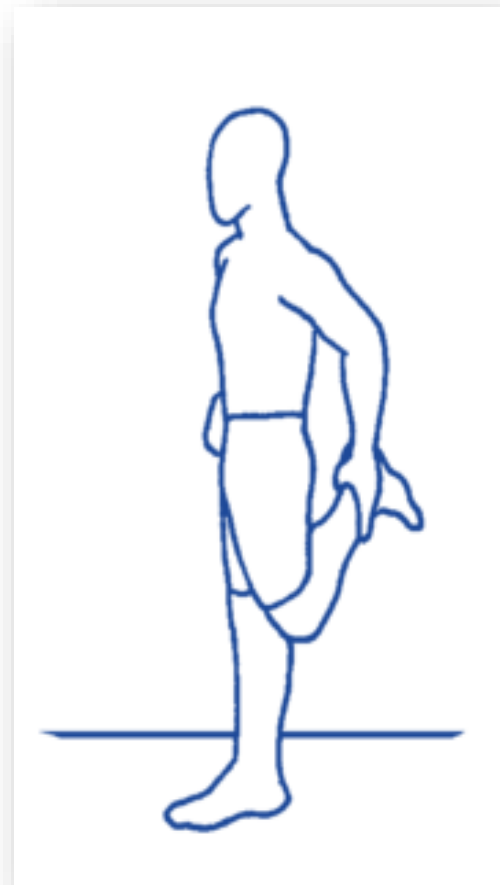


Place the leg to be stretched in front on a stair or a small stool, keep the knee straight locked and slightly bend forward from you low back.

Quadriceps Stretch



Lie on your stomach and the bend the knee so that the heel is facing towards the bottom. Hold the ankle with the same side hand and pull gently to feel stretch in front of the thigh.



Stand upright holding one hand to a support for balance. Bend the knee of the opposite side so that the heel is facing towards the bottom. Hold the ankle with the same side hand and pull gently to feel stretch in front of the thigh.

Glute Stretch



1) Extension Stretch: With the forearm facing downwards, gently pull your wrist up and fingers backwards until you feel a stretch along the bottom of your forearm and through your wrist.

2) Flexion Stretch: With the forearm facing downwards, gently pull your wrist down towards the floor with fingers straight.