

THE KNEE PROGRAM

STRETCHING EXERCISES

KNEE: knee injury prevention for Netballers to Enhance performance and Extend play

PSOAS STRETCH - front of hip stretch

Starting Position Kneel on one knee in the lunge position

Instruction Keep your back straight and buttock muscles contracted, gently lunge forwards until you feel a moderate pain free stretch in the front of your hip

HOLD 30 SECS X2 L/R

QUADRICEPS STRETCH - front of thigh stretch

Starting Position Stand on one leg

Instruction Take your heel back behind towards buttocks, keep your knees together and your back straight. Hold with your hand for a moderate intensity pain free stretch.

HOLD 30 SECS X2 L/R

CALF STRETCH - back of lower leg stretch

Starting Position Stand in a forward lunge position

Instruction Bend front knee. Keep your back leg straight with the heel on the ground and foot pointing forwards

HOLD 30 SECS X2 L/R

GLUTEAL STRETCH – buttocks stretch

Starting Position Sit with legs in front, knees bent so that heels are resting on the ground and hands on the ground behind you.

Instruction Cross your left foot over so that the outside of the ankle is resting on the thigh of the right leg just above the knee. Allow the left leg to open and push your hips forwards until a stretch is felt in the left buttocks. Keep your back straight.

HOLD 30 SECS X2 L/R

HAMSTRING STRETCH - back of thigh stretch

Starting Position Sit with one leg straight and the other knee bent with the bottom of your foot against the inside of the straight leg

Instruction Bend from your hips towards the straight leg. Keep your back straight and your chest up

HOLD 30 SECS X2 L/R

LOWER and UPPER BACK STRETCH

Starting Position Lie on your back with knees bent so that feet rest flat on the floor

Instruction Lift arms and clasp together in front above the body. Gently roll your knees to the left while turning arms and upper body to right

HOLD 5 SECS X5 L/R

MID BACK STRETCH

Starting Position Kneel on the floor sitting back onto heels

Instruction Bend forward and stretch arms out along the floor as far as possible. Keep buttocks back on heels

HOLD 30 SECS X2 L/R

BACK STRETCH

Starting Position Lie on your back with a ball placed behind upper back

Instruction Keep knees bent so that feet are resting on the floor. Place hands behind head with elbows wide. Roll ball up and down along spine between the shoulder blades

HOLD 30 SECS X2 L/R

L/R – Left/Right