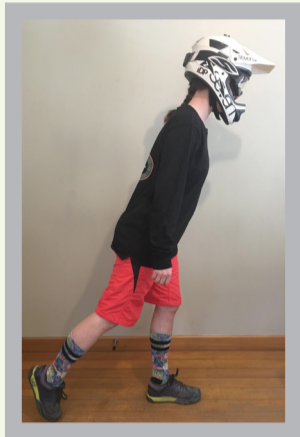
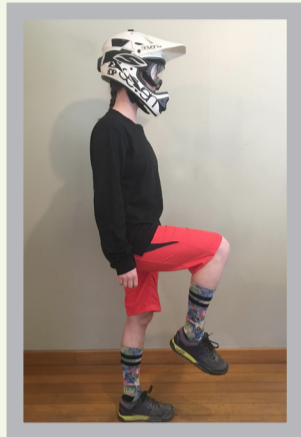


BACK ON TRACK

PHYSIOTHERAPY

Biking Warm Up

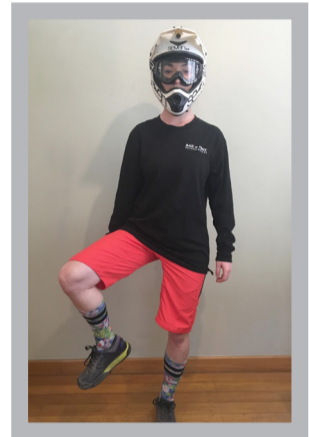
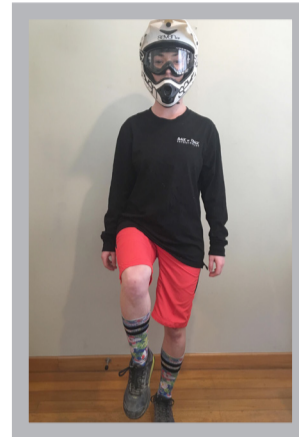


Leg Swings

Standing on one leg, swing the other leg forward lifting your knee up to the chest

Now swing the leg back into hip extension whilst dipping down on the standing leg

Repeat 10 times each leg

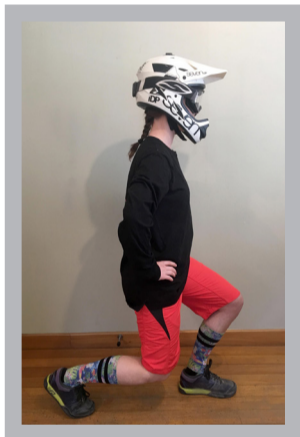
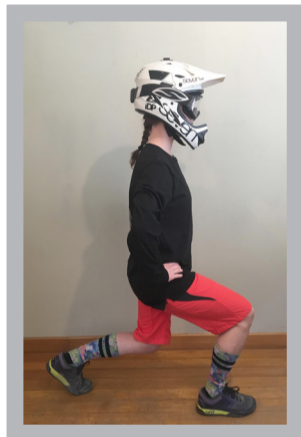


Hip Twist

In standing with soft knees, tail bone tucked under

Bend knee up to chest and rotate out

Repeat 10 times each leg



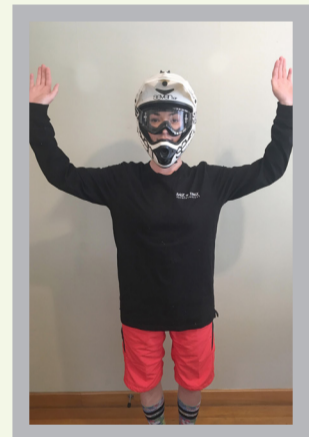
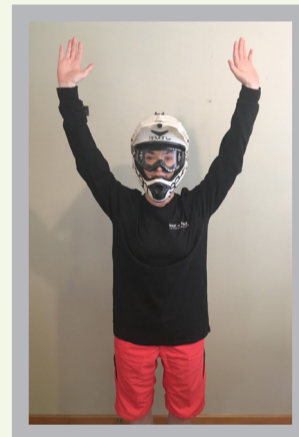
Walking Lunges

Lunge forward, keeping feet hip width apart

Keep upright with tail bone tucked under

Keep your weight in the middle and land each lunge softly

Repeat 10 times each side



Chest and shoulder stretch

Start with your arms raised up to the side, palms facing forward, shoulders relaxed away from your ears

Slowly bend arms down with elbows out, activate through the bottom of shoulder blades

Then raise arms up again

Repeat 10 times

At Back on Track we can help with all injuries, strengthening and injury prevention programs.

Back on Track Physiotherapy

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