

# Tibial Stretch: Level 1

## Why we do it:

Stretching muscles from hip all the way to the shins. Promotes stability around knee joint.

## Functional Benefit:

Flexibility  
Mobility



Start in seated with your legs extended and hands at your sides.



Cross your right leg over the left. Keep your feet flexed.

Bend your right knee and place your foot on the floor.



Take your left arm across to hold your right knee.

Rotate your torso to the right and feel the stretch.

Return to centre.

# Tibial Stretch: Level 2

## Why we do it:

Stretching muscles from hip all the way to the shins. Promotes stability around knee joint.

## Functional Benefit:

Flexibility  
Mobility



Start in seated with your legs extended and hands at your sides.



Cross your right leg over the left. Keeping your legs straight and feet flexed.



Bring your left arm to touch your right ankle.

Rotate the torso and move your right arm as far behind you as you can

Return to centre