

## Neural Tension Stretches – Lower Limb (NTLL)

NTLL

Pain that originates from the nervous system can be experienced if the nerves are mechanically irritated (e.g. trapped by soft tissues or bone) or there is tightness of the nervous system.

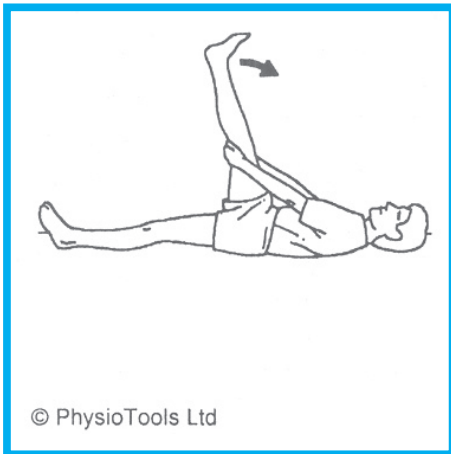
Due to the sensitive nature of nerves it is usual to feel some increase in symptoms in the hours after performing these exercises. This should settle within 24 hours. If symptoms persist for longer than this period please contact your physiotherapist for advice.

It may take between 10-14 days before any noticeable improvement is gained from stretching, even when doing it regularly.

You should stretch as far as comfortable. Muscles and nerve tissue stretch best when a slow gentle force is applied.

### It is important **NOT** to:

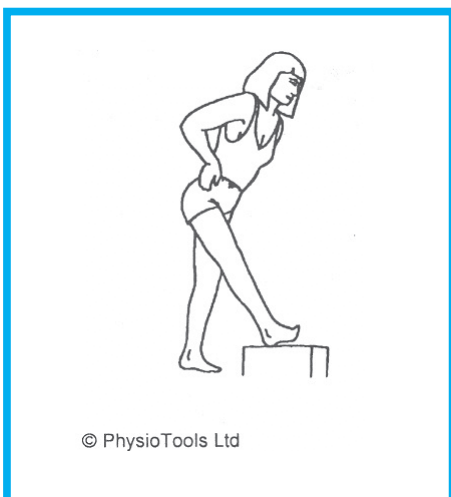
- Bounce at the end of range
- Hold your breath whilst stretching
- Overdo any stretching exercise



1. Lying on your back. Hold behind your knee. Slowly bring your knee toward your chest, then gently straighten your knee until you feel a stretch.

Hold 5 seconds

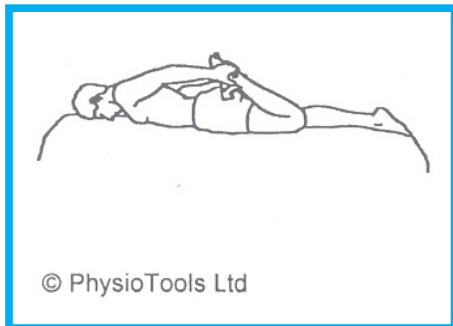
Repeat 5 times



2. Stand with the leg to be stretched on a foot stool. Bend your upper body forwards from your hips keeping your back straight. You should feel a stretch behind your knee and thigh.

Hold 5 seconds

Repeat 5 times



3. Lying face down or standing, bend one knee and hold onto the ankle. Pull your heel slowly toward your buttock until you feel the stretch on the front of your thigh.

Hold 5 seconds

Repeat 5 times

