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FREE GUIDE

The toe-touch plan: 1 week

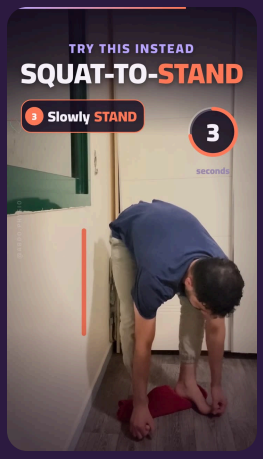
Stretching not helping? Stop forcing it. Teach your body the range is safe.



1 The 1-minute nerve check

Tingling or pain down your leg? Stop.

1. Sit on the edge of a chair and **slouch forward**.
2. **Straighten one leg** until you feel a pull behind the knee.
3. **Chin to chest.** Stronger pull?
4. **Lift your head.** Eases off? Then your **nerves** are part of it. That's normal.



2 Squat-to-stand

8 SLOW REPS **1–2× A DAY**

1. **Hold your toes** and drop into a squat.
2. **Slowly straighten your legs** over 3 to 4 seconds. Stretch, not pain.
3. Go back down. Repeat 8 times.
4. Heels lifting? Put a **book or rolled towel** under them.
5. Too easy? **Pause** at the top, then lower the heel support.

Tick off each day: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7, then re-test your toe touch

⚠ Stop and get it checked if...

- **tingling, numbness or pain** shoots down your leg
- **weakness** in your leg or foot
- **numbness around your bottom** or new **bladder or bowel** trouble (emergency)
- a **sudden pop** at the back of the thigh during sport



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Short-term flexibility gains come mostly from stretch tolerance: Weppler & Magnusson, Phys Ther, 2010.