

STEP 1



STEP 2



Quadriceps Stretch with Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



Prone Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front.

Movement

Bend one leg toward your body, grasp it with your hand, and pull it further until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to continue breathing evenly during the stretch. Do not arch your low back.

STEP 1



STEP 2



Supine Quadriceps Stretch with Strap on Table

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back on a table or bed with one leg hanging off the edge, holding the end of a strap that is draped over your shoulder and secured around your foot.

Movement

Slowly pull on the strap, bending your knee until you feel a stretch in the front of your thigh. Hold this position.

Tip

Make sure not to arch your low back during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch with Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

Movement

Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

Tip

Make sure to stay upright and keep your buttocks tight.

STEP 1



STEP 2



Quadriceps Stretch with Table

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing position in front of a table, with one leg bent, your foot resting on the table, and your knee pointing toward the floor.

Movement

Gently push your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure that your knee stays pointing toward the floor and not out to the side. Avoid arching your back during the stretch.

STEP 1



STEP 2



Prone Knee Flexion AAROM with Overpressure

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying face down with your legs laying flat.

Movement

Cross your legs at the ankle, supporting one foot with the other and use your supportive leg to bend your other knee toward your body. Once a stretch is felt, hold the position.

Tip

Make sure to keep your upper body relaxed during the exercise and do not arch your back as you bend your knee.

STEP 1



STEP 2



Combined Thoracic Rotation, Hip Flexor, and Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Being lying on your side with your head resting on a towel and your knees bent to 90 degrees.

Movement

Using your bottom arm, grasp your top leg and pull it upward. Next, bring your lower leg behind you, and grasp your ankle with your other hand. Return your head back to the towel, then slowly turn your head and lower your shoulder toward the ground. Hold this position.

Tip

Make sure to perform this exercise slowly and in the exact order described.