

Quadriceps Stretching Exercises

Instruction Sheet

1. Lay on your stomach on a flat surface. Bend your knee and reach back with your hand and pull your foot toward your pelvis. You should feel a stretch on the front of your thigh. If you don't, you can put a pillow under the knee of the leg you are stretching to intensify the stretch.
2. Do these exercises twice a day, seven days a week. Hold each stretch for 10 seconds and then switch to the opposite side. Continue alternating for a total of 10 minutes each morning and 10 minutes each evening.
3. Getting a calendar to mark every time you do your stretches will help you keep up with how often you are doing them.