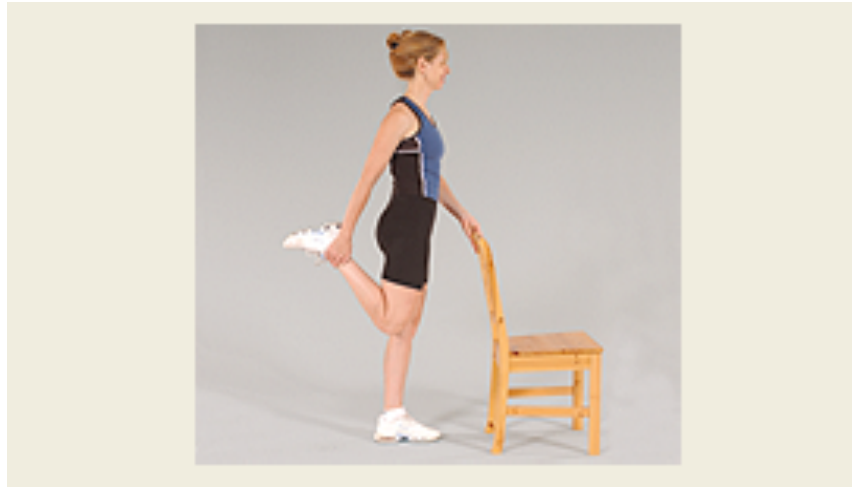


Quad Stretch



- Stand supporting yourself against a chair or the wall.
- Holding your lower leg just above the ankle, pull your foot toward your buttock until you feel a stretch in front of your thigh.
- Hold for 10 seconds, repeat 2-3 times.
- Do the same for the opposite side.