

QUADRICEP STRETCHING EXERCISES

Standing Quadriceps Stretch

- Stand on one leg and pull the other foot up behind your bottom
- Keep your knees together and push your hips forwards to increase the stretch
- Hold for between 10 and 30 seconds
- Hold onto the wall if you need some help with your balance



Laying Quadriceps Stretch

- Lay on your front and pull one foot up to meet your buttocks
- Hold for between 10 and 30 seconds
- **Variations** - Wrap a towel around the ankle and pull the ends to increase the stretch



Related Injuries - Thigh strain, Contusion, Patella Tendonitis

