

Stretch Quads sit



- Sit on a table high enough so feet do not touch floor.
- Place a towel roll under knee.
- Allow knee to relax and bend as far as possible.

Special Instructions:

A weight may be placed on ankle to help the stretch.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch Quads half kneeling



- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

Special Instructions:

Progress by placing a small box under foot of trailing leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch knee flex sit w/towel



- Sit.
- Bend involved knee and place foot flat as shown.
- Loop towel around ankle.
- Pull heel towards buttocks and hold.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch Quads supine

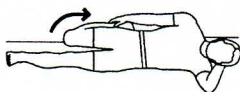


- Lie on back.
- Bring involved knee to chest.
- Grasp lower leg with hands and gently pull ankle to buttocks.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Quads sidelying self



- Lie on side, involved leg up.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Signature: _____

Issued By: MMPC Orthopaedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

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