

Quad Stretches

Prone Knee Bend



Loop a towel, strap, rope, etc. around your ankle. Lie on your stomach and pull your heel towards your butt. Be sure your hips are staying flat on the table and your knee is staying in line with your body. **DO NOT** let your knee splay to the outside. You should feel the stretch through your quad, and there should be no stress through your low back. Perform twice on each leg for 30 second holds.

Standing Quad



Stand next to a couch, table or countertop. Place one foot on the surface, as shown. Stand tall, making sure you are not leaning forward. Keep your abs tight and your low back flat with hand support for balance, if needed. If you do not immediately feel a stretch, then bend the knee of the down leg. **Focus on getting the stretch in the meat of the quad, not at the knee.**

DO NOT:

- Lean forward
- Force your heel to your butt
- Let your knee splay to the outside
- Let your low back arch