



## Rectus Femoris (Quad) Stretch off Table

### **Starting position:**

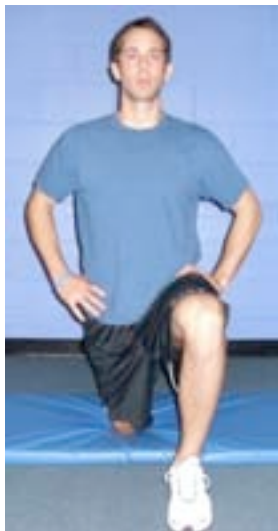
Lying on a table or bed with one leg bent and the other leg hanging off the edge. A belt wrapped around the hanging leg just above the ankle.

### **Movement:**

If hanging does not provide a stretch in the front of hip and thigh, pull on belt to bend the knee further. Slowly return to starting position.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**



## Half-Kneeling Hip Flexor Stretch

### **Starting position:**

Kneeling on one leg with other foot out in front of you.

### **Movement:**

Tighten your core, keep your back straight and shift your hips forward until you feel a stretch on the front of your hip on the leg you're kneeling on. Slowly return to starting position.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**