



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

