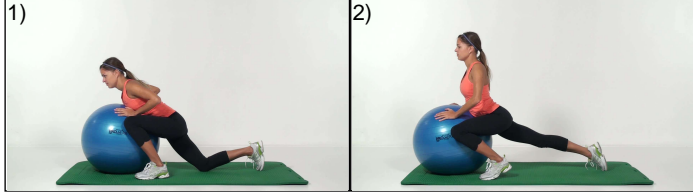


Stretch hip flexor kneel w/ball



- Kneel on knee with ball in front of thigh.
- Place chest on ball.
- Push hips against ball and straighten leg until a stretch is felt on front of the thigh.
- Repeat with other leg.

Special Instructions:

Keep hips against ball. For more stretch push down on ball, arching the back.

Perform 4 sets of 15 second(s), twice a day.

Use Ball.

Hold exercise for 15 Seconds.

Stretch Hip flexors leg abd supine

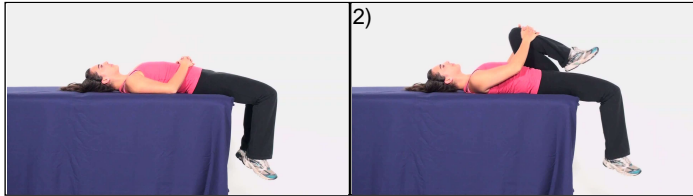


- Lie on back on bed.
- Slowly drop one leg off side of bed with knee bent.
- Pull other knee to chest and hold with both hands.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hip flexors supine 1

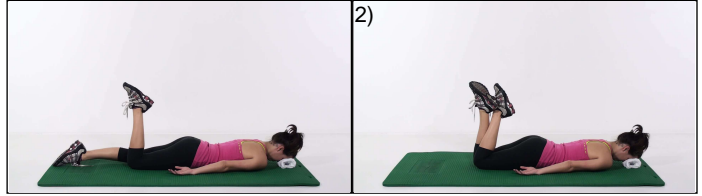


- Lie on back, with knees bent, hanging off edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch knee flx prone



- Lie face down.
- Bend knee of involved leg.
- Place ankle of uninvolved leg behind foot of involved leg.
- Gently push involved leg forward until stretch is felt.

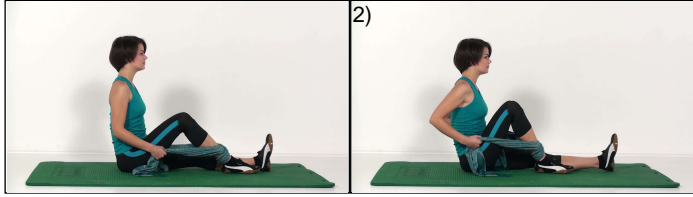
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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Stretch knee flx sit w/towel

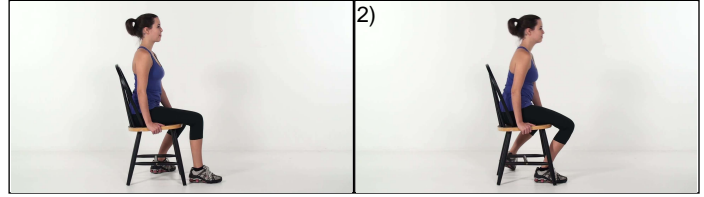


- Sit.
- Bend involved knee and place foot flat as shown.
- Loop towel around ankle.
- Pull heel towards buttocks and hold.
- Relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Use Towel.
Hold exercise for 15 Seconds.

Stretch knee flx sitting

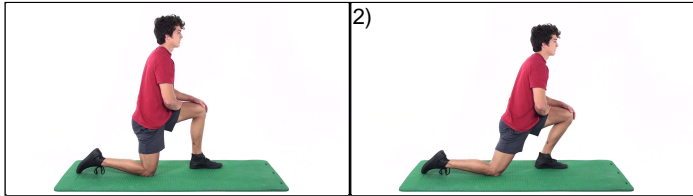


- Sit in chair.
- Bend involved knee to 90 degrees and place foot flat as shown.
- Gently move chair forward.
- Do not let foot move.
- Relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Quads half kneeling



- Half kneel as shown.
- 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 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.
Perform 0 repetitions every 0 Seconds.

Stretch Quads prone self

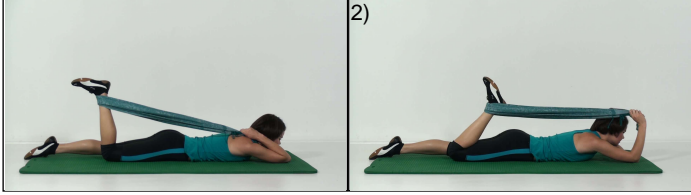


- Lie face down.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Quads prone w/towel



- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

Perform 4 sets of 15 second(s), twice a day.

Use Towel.
Hold exercise for 15 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 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Quads stand/squat



- Stand on one leg.
- Bend other leg and place top of foot on chair as shown.
- Tighten abdominals to flatten back.
- Bend the knee of standing leg to stretch the opposite quadriceps.
- Straighten leg and repeat.
- Repeat stretch on other side.

Special Instructions:

Do not allow pelvic area to move forward.
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Quads standing



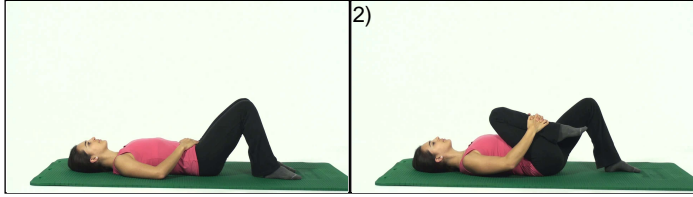
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 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 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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