

Quadriceps Stretch



- Stand facing away from a table or other elevated surface.
- Bend knee and place foot onto the surface.
- Slowly work yourself closer to the table until desired stretch is felt.
- You should feel a stretch along the front of the upper leg.
- Slightly bend the knee on the leg still touching the floor and lean back.
- Remember to keep your back straight and your hips square.
- Hold for 20-30 seconds.
- Repeat with opposite leg.

