

Nottingham Family Wellness Centre

Quad Stretches and Foam Rolling

Quad Stretches



STANDING QUAD STRETCH

While in a standing position, bend your knee back and hold your ankle/foot. Keep the torso straight.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 3 Times
Complete 2 Sets

Hold 30 Seconds
Perform 2 Times a Day



SIDELYING QUAD STRETCH

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position (heel towards buttock) until a stretch is felt along the front of your thigh.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



QUAD STRETCH WITH STRAP

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day

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Hip Flexor Stretches



HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch and grasp your opposite knee and pull it towards your chest.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



STANDING HIP FLEXOR STRETCH

While standing, place your foot on a chair as shown. Next, bend your raised knee to stretch the front of the thigh on the leg that is on the ground.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day

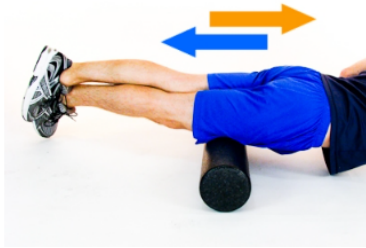
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Quad Foam Rolling

QUAD FOAM ROLLING

Start by lying face down so that a foam roll is under the top of your affected thigh. Cross your other leg over the top of your affected leg as shown.



Next, using your arms propped on your elbows, roll forward and back across this area.

Repeat 1 Time
Complete 2 Sets

Hold 2 Minutes
Perform 1 Times a Day