

Quadriceps Stretching

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Quadriceps Stretching in Prone position



- Lying on your stomach, bring the heel to the buttocks by bending the knee.
- You should feel a stretch in the front of your thigh.
- To get a deeper stretch, you can lift the knee off the floor or ask your partner to lift the knee off the floor.
- Hold the stretch for 30 to 45 seconds
- Repeat for 3 times.

Quadriceps Stretching in side - lying

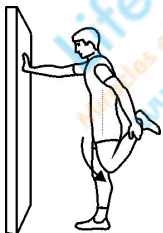
Lie down on the side opposite to the one you are stretching

bend your (upper, the side you want to stretch) knee and bring the heel to the buttock.

- Hold the stretch for 30 to 45 seconds
- Repeat for 3 times.



Quadriceps Stretching in Standing



- Hold on to the dorsum of your foot, and bring the heel to the buttock area.
- You can perform this while standing with some support.
- Hold the stretch for 30 to 45 seconds
- Repeat for 3 times.

Quadriceps Stretching in Half Kneeling



- Get in to the half kneeling position as shown in the picture.
- Extend the leg that you want to stretch.
- As shown by the arrow in the picture, gradually shift your weight to the front leg.
- Hold the stretch for 30 to 45 seconds
- Repeat for 3 times.
