

Quad Stretch



With the affected leg propped up on a chair or against the wall, keep the spine neutral/straight and rock whole body forward to get a stretch in the quads. You may not even need to lean the body forward to achieve the stretch. Hold this for up to 10 seconds while breathing into the belly and then add more stretch, to your tolerance level. It may help to have a pillow or support under your knee.

Overstretching could result in injury.



In Motion Spine & Joint Center

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