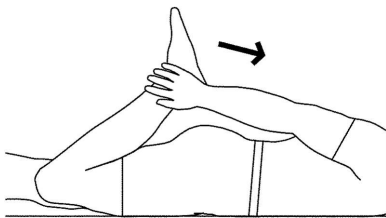


Stretch Quads prone self

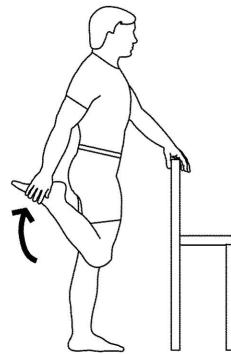


- Lie face down.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Quads standing



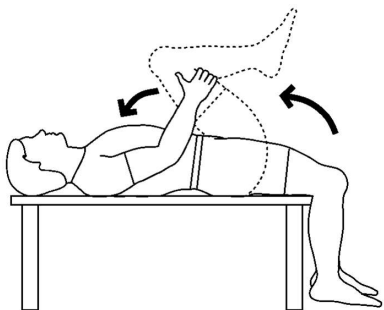
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.
Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch hip flexors supine 1

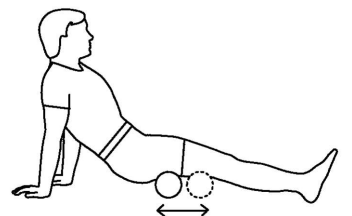


- Lie on back, with knees bent, hanging off edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM hip/knee thigh massage w/roll



- Begin lying **FACE DOWN** with quadriceps on top of roller.
- Lift body up with arms and roll back of legs up and down the roll.

Special Instructions:

Move from hips to back of knees.
Perform 3 sets of 20 Repetitions, once a day.

Use Foam Roll.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.