



Quadricep Stretching and Strengthening

View videos at www.HEP.video



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week
- Video ID:** BVU5P69



QUAD SET

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table into a rolled up towel or squishy ball.

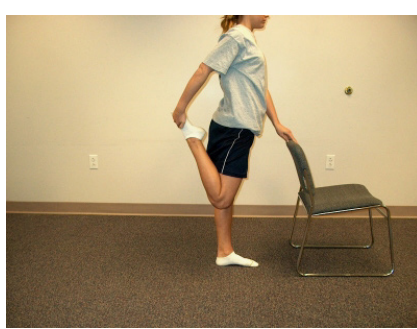
- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week



Leg Extension

Begin with your heels under your knees. Alternate kicking your toes towards the ceiling, make your leg straight. You will repeat 10x on each side. This exercise activates the thigh muscles on top of your upper leg (quadriceps). It stretches the muscles on the bottom of your upper leg (hamstrings).

- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week



QUADRICEPS STRETCH

Pull heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds; relax.

- Repeat** 3 Times
- Hold** 30 Seconds
- Complete** 1 Set
- Perform** 1 Time(s) a Day