



Bloomsbury Osteopathy

Knee Exercises

Quadriceps Stretch Standing

LEGM11

Function

To stretch, lengthen and relax the quadriceps (muscles at the front of the thigh) and also help to stretch the Psoas muscle. These muscles flex the hip.

Method

Starting Position:

Stand side on to wall or table. Bend the knee of the side to be stretched and grasp the ankle behind your back so that the thigh is held roughly vertical. Use the wall or table for support.

Action:

Slowly and in a controlled manner draw the ankle upwards and backwards. Be sure to maintain a vertical spine at all times. When a stretch is felt at the front of the thigh hold the position for 30 seconds whilst breathing slowly and deeply. Return to starting position and repeat on the other side.

Notes:

It is important during this stretch not to either flex the spine forwards or to arch backwards as this will compromise the efficiency of the stretch and the stability of the lower back.

Alternative way:

Kneel over one knee with the other leg straight out (best done over a soft surface) and slowly and in a controlled manner lean back until a stretch is felt in the quadriceps of the bent leg. Use your hand/forearms for support, tighten your abdominal muscles and do not allow your lower back to over arch.

STRETCHING OF THE QUADRICEPS MUSCLES
(LEGM11)



All exercises are available from
www.Bloomsbury-Osteopathy.co.uk