



Bloomsbury Osteopathy

Hip and Leg Exercises

Quadriceps Stretch Standing

LEGM11

Function:

To lengthen and relax the muscles at the front of the thigh whose main function is to extend the knee.

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:

Place the affected knee on a floor cushion and the other foot in front of you. Slowly and in a controlled manner push your pelvis forwards and lean your torso backwards thus exerting pressure on the quadriceps of the kneeling leg. Use your hand/forearms for support, tighten your abdominal muscles and do not allow your lower back to over-extend.

STRETCHING OF THE QUADRICEPS MUSCLES
(LEGM11)



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