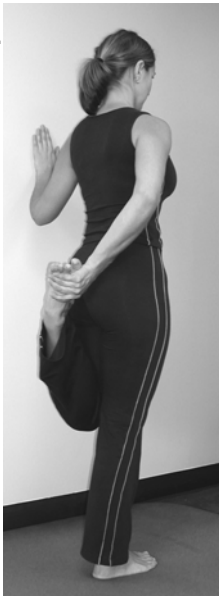


Standing Quad Stretch

1a.



1b.



1a. Standing with left hand on the wall for balance, bend left knee. Reach for left foot with right hand and pull heel toward buttock. Keep knee pointed toward floor. To increase stretch, push left hip bone forward.

Modification: If you are unable to reach foot with hand, loop a towel or strap around ankle and hold towel.

Hold 45 seconds. Repeat on other side.

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Quad up the Wall Stretch

2a. Half-kneel with right leg behind and left foot flat with knee bent to 90°. Slide right knee back toward base of wall with foot on the wall.

2b. Place both hands on left knee and push torso up to vertical. To decrease stretch slide knee away from wall. To increase stretch, move knee closer to the wall.

2c. Reach arms overhead to increase stretch further. Try to get buttocks and back against wall.

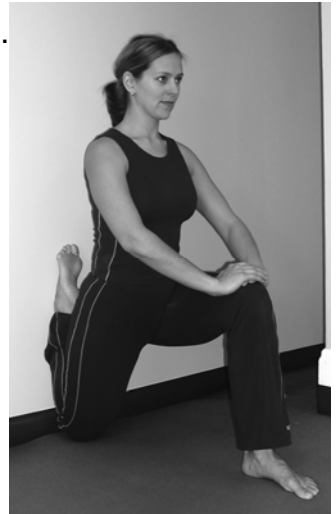
Hold 45 seconds at position of tolerable stretch. Repeat on other side.

2d. Hip flexor stretch variation: Begin as in 2a except place left foot about 45° out to the side. Drop right hip toward the floor. Hold 45 seconds. Repeat on other side.

2a.



2b.



2c.



2d.

