

EXERCISE TECHNIQUE - At Home Exercises

QUAD STRETCH - Beginner

Target Body Part: Quadriceps Muscles

Equipment Required: No Equipment Required

1. Stand on one leg with your knees together. Hold the back of chair or wall for support if needed.
2. Grab your left foot with your left hand and bring your heel as close to your buttocks as you are able. If you cannot hold your foot, try grabbing your pant leg or sock instead.
3. Keep your torso straight, your chest upright and abs contracted. Try not to arch your lumbar spine.
4. Hold for 20 to 30 seconds, then stretch the other leg.

If you have knee issues or if you'd rather recline than stand up:

1. Lie down on one side and prop your head up with your hand.
2. Pull your foot toward your butt; bend your bottom knee if you're having trouble staying steady.
3. 2. Hold for 20 to 30 seconds, then switch sides.



For more examples of exercises you can do at home,
Visit our Recreation At Home webpage at [Exercise-at-Home](#)