

1



## QUAD STRETCH - PRONE WITH MULTI-LOOP STRAP

Start by lying on your stomach with a stretching strap (towel or belt can be substituted) linked looped around your affected side foot.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Times a Day  
Video # VVQV5XZ92

4



## Hip flexor and quad stretch facilitated with strap (ADVANCED)

In half kneel/ lunge position, place strap around foot. Gently pull on strap to flex knee

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Times a Day

2



## QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Times a Day  
Video # VVP237T48

5



## HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Times a Day  
Video # VVQGB3WMY

Keep your knee in a straightened position during the stretch.

3



## HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

NOTE: Towel or pillow can be used under knee to minimize discomfort

Repeat 1 Time  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Times a Day  
Video # VV9R6CRWF

6



## HAMSTRING STRETCH - WALL

Place a leg up a wall while lying on your back. Your other leg should be positioned with a straight knee and resting on the floor through a doorway or hall.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Times a Day