

## FRONT THIGH (QUADRICEPS)

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The quadriceps is a large group of four very strong muscles that make up the front of the thigh. We use them in nearly every sport and when we stand, sit, or walk. Although the quads are not tight for most people, they are worked hard every day and are often fatigued. Stretching these muscles feels good and improves mobility around the knee joint.

### Static Knee Bend

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#### Quadriceps

Stand with feet together. Bend one knee and hold the ankle with the same-side hand; pull the heel toward the gluteals.

Hold the stretch for 10 to 30 seconds.

Repeat on the other leg.

Touch a wall or hold onto something for balance, if necessary.



*Hold the knees close together.*

## Static Side-Lying Knee Bend

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### Quadriceps

Lie on one side and rest the head on the lower arm. Bend the top knee and hold the ankle with the same-side hand; pull the heel toward the gluteals.

Hold the stretch for 10 to 30 seconds.

Repeat on the other leg.

*Remember to hold the knees close together.*



ASSISTED STRETCH

## Static Anchored Knee Bend

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### Quadriceps

Stand with feet together, facing away from the back of a chair.

Bend one knee and place the top of the foot on the back of the chair.

Hold the stretch for 10 to 30 seconds.

Repeat on the other leg.

Touch a wall or hold onto something for balance, if necessary.

Hold the knees close together.

ASSISTED STRETCH



## Dynamic Side-Lying Knee Bend

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### Quadriceps

Lie on one side and rest the head in the palm of the lower hand.

Start: Bend the top leg at the knee, bringing the heel toward the gluteals.

Finish: Release the stretch by returning the leg to the setup position.

Repeat as a continuous, controlled, fluid sequence 10 to 12 times.

Repeat on the other leg.



*Keep one hip  
directly over  
the other.*



UNASSISTED STRETCH