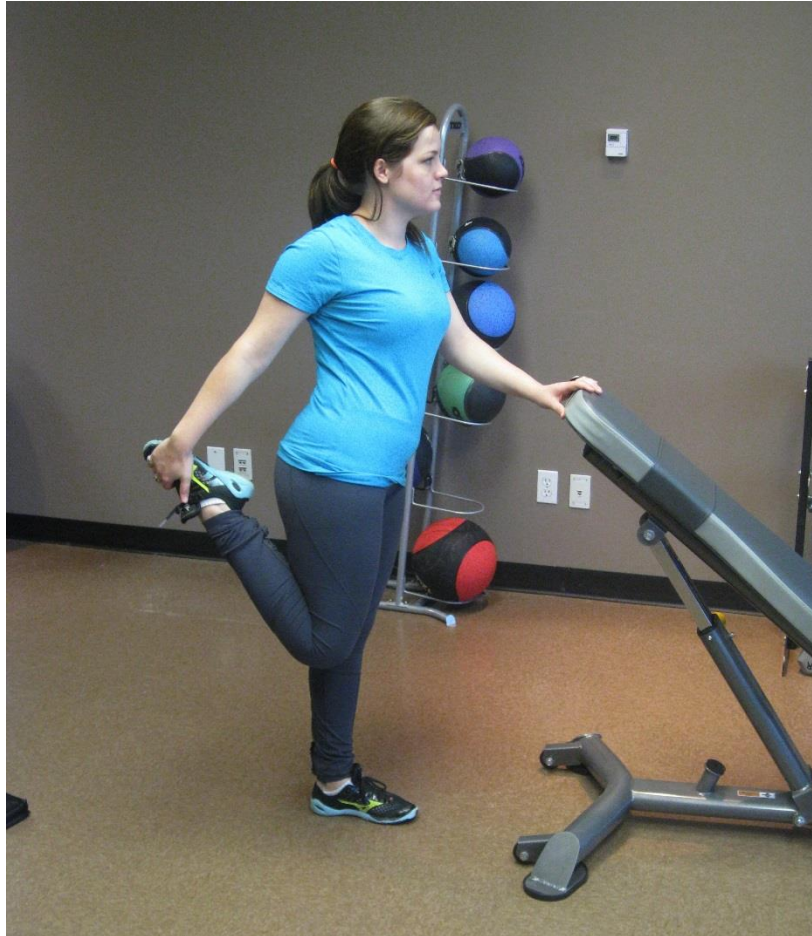


Standing Quad Stretch



- Stand with feet shoulder width apart.
- Bring one leg up and grasp it with your hand.
- Hold the foot in your hand with a firm grip.
- Note: Use a support during this stretch for extra balance support.

2-3 sets/side; hold stretch for 20-30 seconds

Kneeling Hip Flexor Stretch



- Kneel on a mat and step one knee forward.
- Keep the front foot flat on the floor and knee bent at 90 degrees. Slowly bring the pelvis and hips forward until there is a stretch.
- Make sure the back is straight throughout the exercise.

2-3 sets/side; hold stretch for 20-30 seconds

Side Lying Quad Stretch



- Lie on the floor, on one side.
- Bring one leg behind the back and grasp the foot with the hand on the same side.
- Slowly bring the leg back until you feel a stretch.
- Note: Keep the spine straight throughout the entire stretch.

2-3 sets/side; hold stretch for 20-30 seconds