

Static Quads Exercises

Starting position: Sitting on the floor with your legs out straight, leaning back against the wall.

Action: Tighten the muscles on the front of the left thigh as if you are trying to lock the knee as tight as you can. Hold for 5 seconds. Repeat 20 times.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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