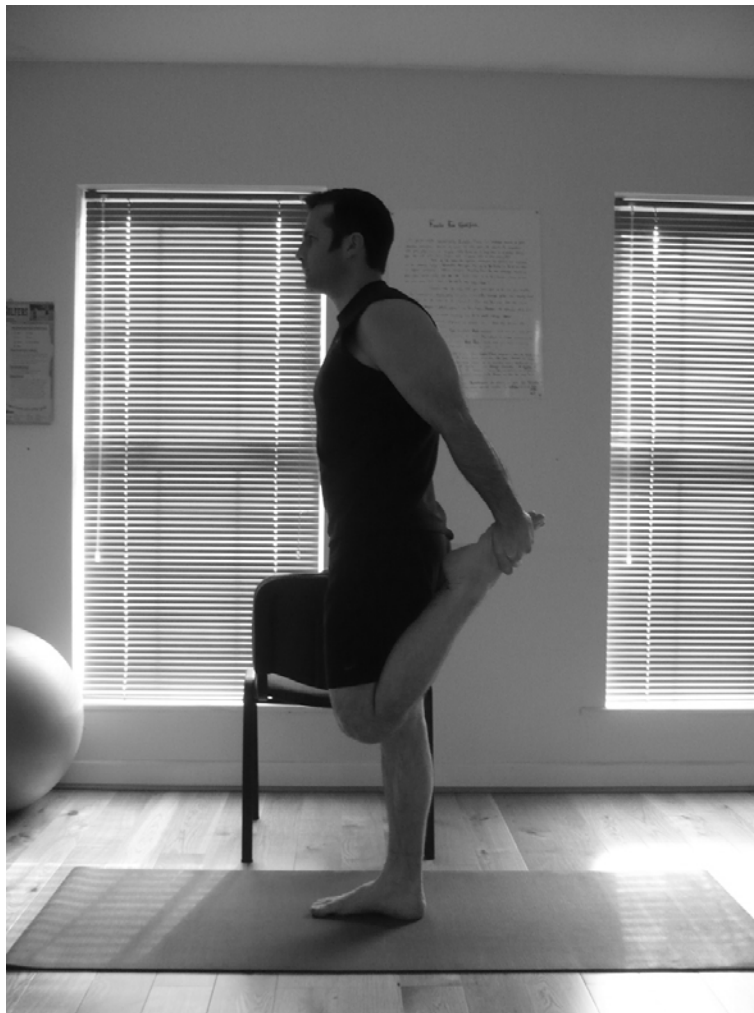


Quads stretch

Starting position: Standing tall. Bend the left knee back behind you and grasp the ankle with your left hand.

Action: Gently pull the ankle towards your buttock until you feel a stretch in the front of the thigh. Keep the hip straight and don't allow your back to arch. Hold 20 seconds.



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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