

Inner Range Quads

Starting position: Sitting on the floor with your legs out straight, leaning back against the wall. Place a rolled blanket behind the left knee so that the knee is bent to about 30°.

Action: Straighten the left leg and lift the foot off the floor. Hold 5 seconds then slowly lower. 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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