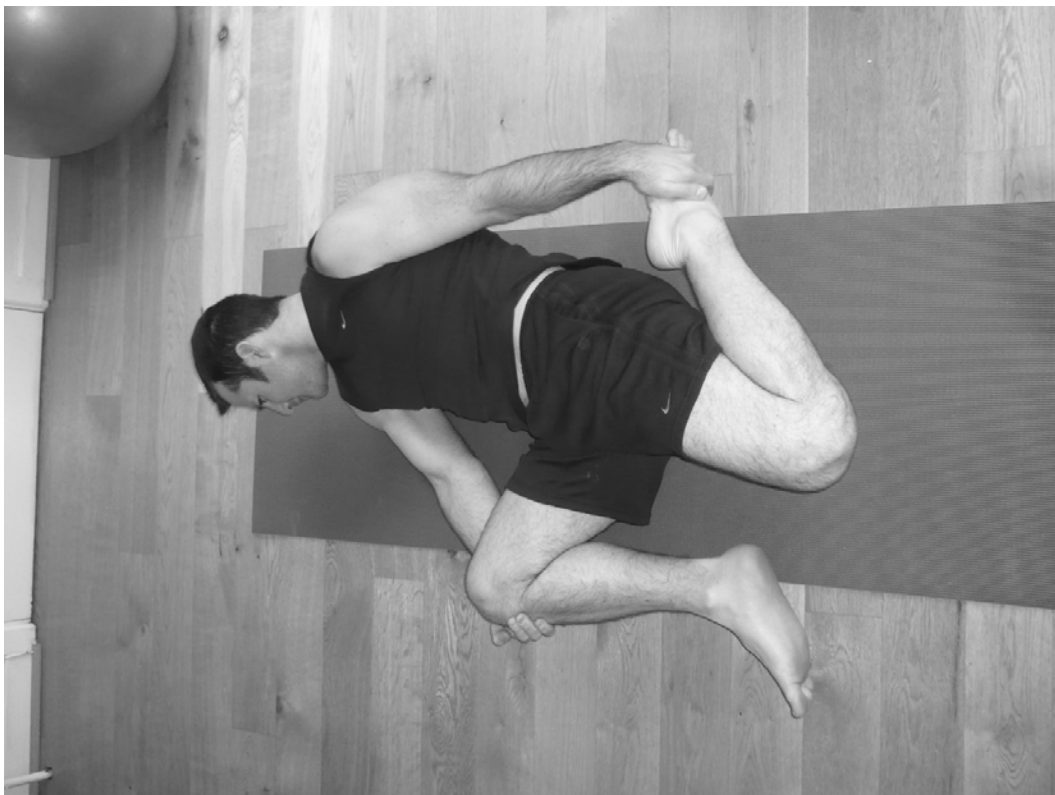


Quads Stretch

Starting position: Lie on your right side and bend your right leg up so that the hip is at 90°. Hold onto the knee with your right hand.

Action: Bend your left knee back and grab onto your foot with the left hand. Gently pull your foot back until you feel a stretch in the front of your thigh.



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.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie