

# Quadriceps Stretch

## Why we do it:

Prevents shortening quad muscles avoiding injury. Relaxed quads decrease strain on the knee joints.

## Functional Benefit:

Mobility  
Flexibility



Lie on the floor, face down, forehead on hands.



Bend right knee and bring heel towards buttocks.



Let right hand clasp right ankle, and gently bring ankle closer to buttocks and lift head and chest off the floor.

Return to centre and repeat on opposite side.