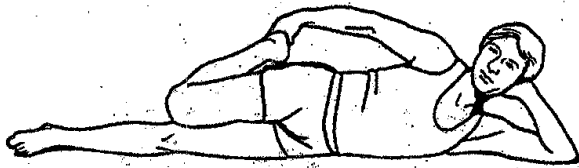


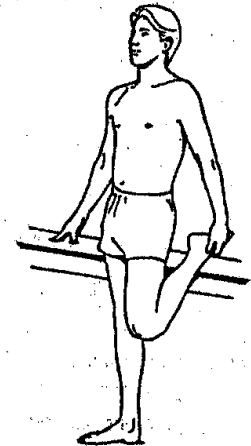
QUAD STRETCH

Quadriceps Stretch



Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh.
Hold _____ seconds. Repeat _____ times on each side.
Do _____ sessions per day.

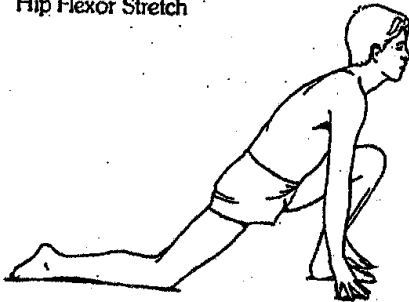
**Stretching
Quadriceps Stretch**



Pull heel toward buttock until a stretch is felt in front of thigh.

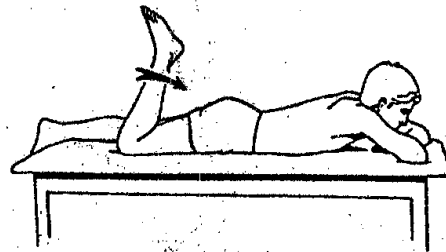
Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

**Stretching
Hip Flexor Stretch**



Slowly push pelvis downward while slightly arching back until stretch is felt on front of hip.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

**Self-Mobilization
Prone knee flexion stretch**



Bring heel toward buttocks as far as possible.
Hold _____ seconds. Relax, repeat _____ times.
Do _____ sessions per day.