

Leg/Hip Stretch



Quadriceps Stretches

- Step 1: Lie face down; knee to be stretched is bent; rolled towel behind this knee
- Step 2: Reach back and grasp the ankle
- Step 3: M.E.T. Push your ankle against your hand as you provide light resistance; hold 2-3 seconds.
- Step 4: Return to stretch
- Step 5: Repeat 3-5 times