

# Quadriceps Stretching

**Exercise:**

Side-lying Quadriceps Stretch



LYING ON YOUR SIDE PULL THE HEEL IN TOWARDS BUTTOCKS UNTIL A COMFORTABLE STRETCH IS FELT IN FRONT OF THIGH.

**Repeat:** 2 times      **Sets:** 1

**Hold Time:** 30 secs      **Resistance/Time:** 0

**Sessions:** 2 /day