

Notes:

1. Stretching Quadriceps

- Lie on your side with involved leg up and bottom knee bent up in front to protect your back (you can hold this knee in position with your bottom arm).
- Reach back and grasp ankle of involved leg and gently pull towards buttocks.
- Move your knee back without arching your back until you feel a stretch in the front of your thigh.
- Keep your knee as low to the floor as possible and maintain the position.
- NOTE: You can use a towel or belt around your ankle to pull it towards buttocks.

Frequency: 2 x / day Hold: 30 sec.

2. Eccentric Quadriceps

- Stand with your heels on an incline or a rolled towel and your feet facing forward at hip width.
- Lower your body by bending your hips and knees keeping your back straight (slightly arched) and your knee caps aligned with 2nd toe.
- Stop your movement at 90 degrees, return to standing position by holding on the chair and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

3. Eccentric Quadriceps

- Stand on one foot with your heel on an incline or a rolled towel.
- Lower your body rapidly by bending your hip and knee keeping your back straight (slightly arched) and your knee cap aligned with 2nd toe.
- Stop your movement suddenly at 90 degrees, return to standing position on both feet by holding on the chair and repeat.
- PROGRESSION: Repeat without the incline surface under your heel.

Sets: 3 Repetition: 10 Frequency: 2 x / day