

Quadriceps stretch

Purpose: This stretch is used to open the front side of the leg.

Note: With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done everyday. 3x per session.

Directions: Sit on the floor with the knee bent of the leg you want to stretch. The opposite leg is straight in front of you. Place your hand opposite of the quadriceps you are stretching beside you. This is the position where your body can be in its line and soft. Adjust the hand forward or back to initiate the stretch. Take nice, soft, full breaths in and out during the stretch. This stretch should not create any kind of pain. If you experience any pain during the stretch stop immediately and adjust your hand until it is comfortable.

