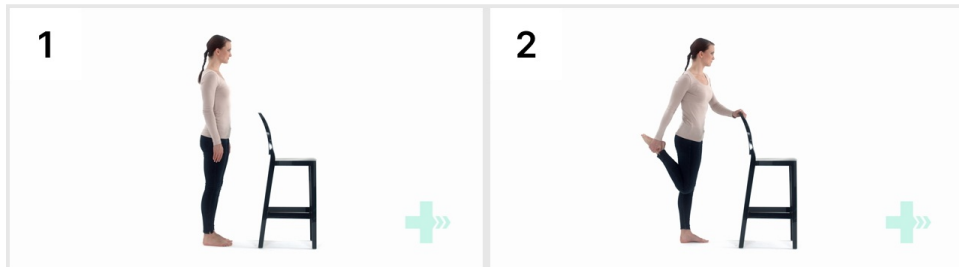

1. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



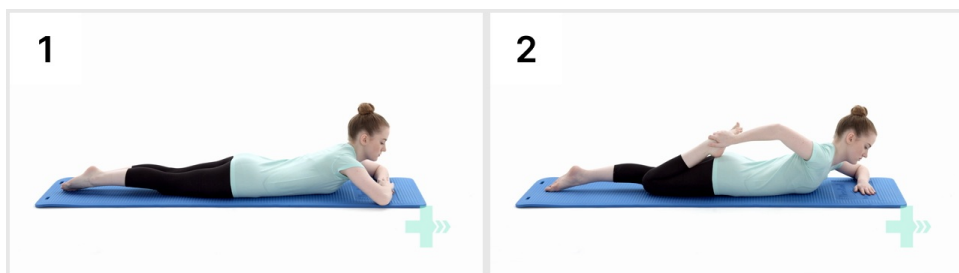
Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

2. Quadriceps stretch, prone; 01

2 Sets • 3 Reps • 30 s hold



Lie on your front with both legs together.

Bend the leg to be stretched, bringing your heel towards your buttocks.

Hold your ankle with your hand, and bring the heel in as far as you can.

Ensure your knees stay close together.

You should feel the stretch in the front of your thigh.

Hold this position.

3. "Quad sets" Knee terminal extension strengthening, ankle flexed, towel under knee, supine

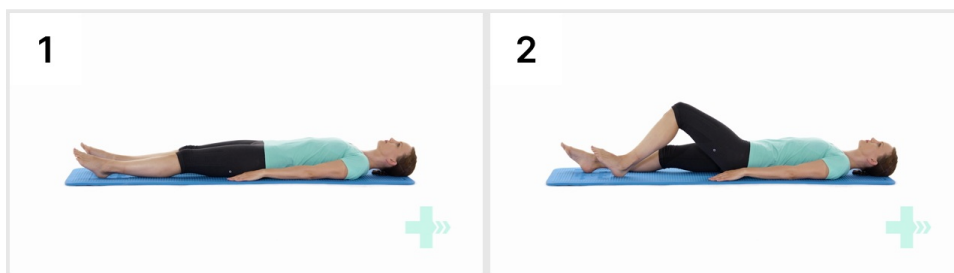
2 Sets • 10 Reps • 10 s hold



Lie on your back with your resting leg bent.
Place a rolled towel under the knee of your affected leg.
Pull your toes on your exercising leg towards you.
Clench your thigh muscles, pushing the back of your knee into the towel.
You should feel your thigh muscles tighten.
Hold this position, relax and then repeat.

4. "Hamstring set" Knee flexion strengthening, supine

2 Sets • 15 Reps • 10 sec duration



Lie on your back.
Bend your knee to an angle as instructed by your clinician.
Pull your toes towards you.
Gently push your heel into the floor.
Hold this position as instructed.