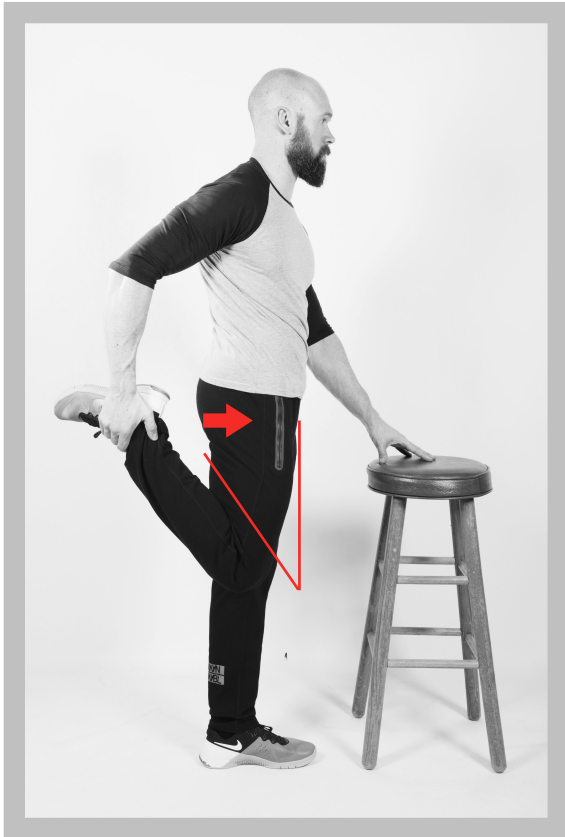
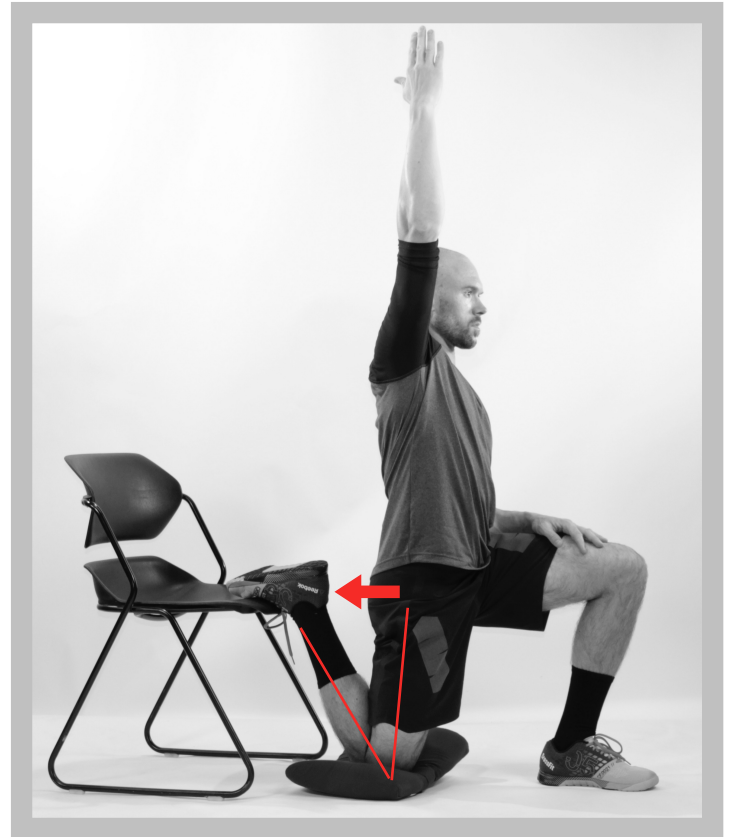


ANTERIOR THIGH (RECTUS FEMORIS EMPHASIS)



OPTION 1



OPTION 2

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1: Stand next a stable support for assistance with balance. Bend your knee of the stretching leg pulling the foot behind you by grabbing the ankle. Pull the foot towards your buttocks to increase the stretch. The stretch should be felt along the front of the thigh.

Option 2: Place the foot of the stretching leg on an elevated structure (ex. chair, couch, or step) and place your knee on the ground. Use a pillow under your knee for increased comfort. Slowly move your hips towards your heel.



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