

Quads stretch in side lying.

This will stretch the muscles at the front of the top of the leg and help you to be able to bend your knee.

- Lie on your side with the leg to be stretched on top.
- Support the pelvis with one hand to prevent rolling backwards.
- Gently bend the knee and take the heel towards the bottom.
- Hold for 20-30 seconds and relax. Repeat 3 times with each leg twice per day.

