**Quadriceps Stretch with Chair**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position holding onto a stable surface for support.

**Movement**
- Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

**Tip**
- Make sure to keep your back straight and maintain your balance during the stretch.

**Sidelying Quadriceps Stretch**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin lying on your side with your legs straight.

**Movement**
- Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

**Tip**
- Make sure not to let your hips tilt forward or backward.

**Prone Quadriceps Stretch**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin lying on your front.

**Movement**
- Bend one leg toward your body, grasp it with your hand, and pull it further until you feel a stretch in the front of your thigh and hold.

**Tip**
- Make sure to continue breathing evenly during the stretch. Do not arch your low back.

**Supine Quadriceps Stretch with Strap on Table**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin lying on your back on a table or bed with one leg hanging off the edge, holding the end of a strap that is draped over your shoulder and secured around your foot.

**Movement**
- Slowly pull on the strap, bending your knee until you feel a stretch in the front of your thigh. Hold this position.

**Tip**
- Make sure not to arch your low back during the stretch.

**Quadriceps Stretch with Table**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing position in front of a table, with one leg bent, your foot resting on the table, and your knee pointing toward the floor.

**Movement**
- Gently push your hips forward until you feel a stretch in the front of your thigh and hold.

**Tip**
- Make sure that your knee stays pointing toward the floor and not out to the side. Avoid arching your back during the stretch.
**Half Kneeling Hip Flexor Stretch with Chair**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

**Movement**
- Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

**Tip**
- Make sure to stay upright and keep your buttocks tight.

**Prone Knee Flexion AAROM with Overpressure**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin lying face down with your legs laying flat.

**Movement**
- Cross your legs at the ankle, supporting one foot with the other and use your supportive leg to bend your other knee toward your body. Once a stretch is felt, hold the position.

**Tip**
- Make sure to keep your upper body relaxed during the exercise and do not arch your back as you bend your knee.