

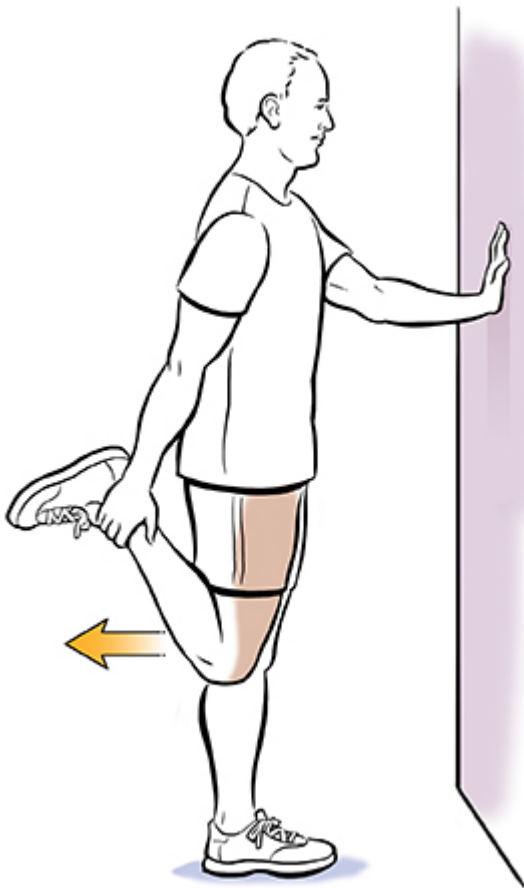
# Lower Body Exercises: Thigh (Quad) Stretch

This exercise stretches muscles in your thigh called quadriceps. These muscles help your back. As you work out, don't rush or strain.

Here are the steps to the quad stretch:

- Before you start, hold or place one hand on something sturdy like a wall or chair. Stand an arm's length away with your feet flat on the floor, shoulder-width apart.
- With your other hand, grasp your ankle on the same side. Pull the heel toward your buttocks until you feel a stretch in your thigh. Don't arch your back. If you are unable to grab your ankle, loop a resistance band, belt, or towel around your foot.
- Hold for 5 to 10 seconds. Repeat 3 times. Switch legs.

For a more advanced stretch, stand in the stretched position and push your knee into the back of your opposite knee. Drive your foot into your hand, contracting the muscle for 5 seconds.



## Talk with your provider

For your safety, check with your healthcare provider before starting an exercise program.