

# How to Do the Short-Arc Quad Exercise

Short-arc quad exercises help strengthen the quad muscles in the front of your thigh.

Here's how to do them.

To do them, you'll need a foam roll or a large towel.

Start by lying on your back on a firm bed... or on the floor.

Place your foam roll or your large rolled-up towel under your knees.

Start with your heels on the bed or floor.

Lift the lower part of one leg until your leg is straight.

Keep the back of your knee on the foam roll or towel.

Hold your leg straight for about 6 seconds.

Then slowly bend your knee and lower your heel back to the bed or floor.

Repeat the exercise 8 to 12 times.

Then, switch legs, and do the exercise 8 to 12 times with the other leg.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.