

FLEXIBILITY EXERCISES

Quadriceps Stretch (as a group)

The quadriceps is a large muscle group in your thigh and tightness in the quads could lead to knee pain and reduced mobility. Stretching regularly will improve range of motion and overall function.

Hold for 30 seconds.

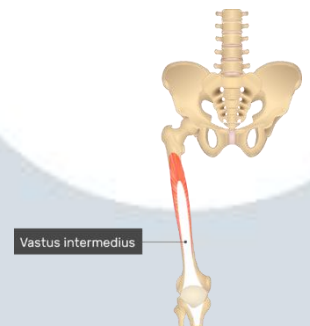
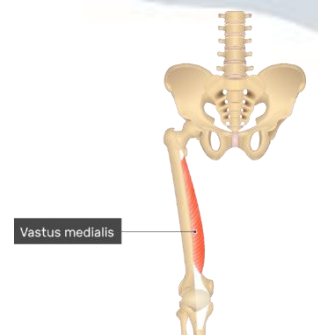
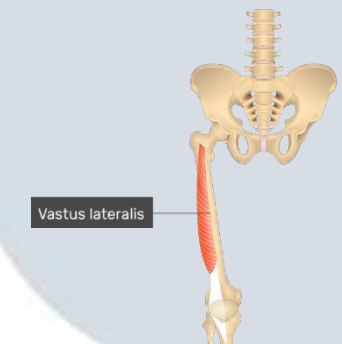
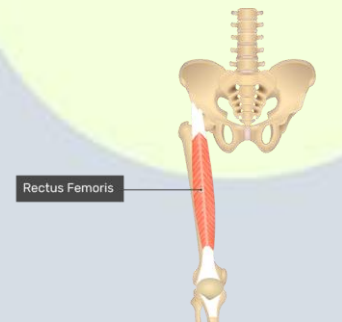


Coaching Tips

Step 1: Stand on one leg, use the wall for support if needed.

Step 2: Bend your knee and pull your foot in towards your bum.

Top Tip: Keep your knees together.



Quadriceps

The quadriceps are made up of four individual muscles: Rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius. Together they form the main bulk of the thigh and collectively are the most powerful muscles in the body. Its main action is to extend the knee joint and stabilise the patella. The rectus femoris also flexes the hip.