



QUAD & HIP FLEXOR STRETCHING

INJURY, ACHES & PAINS

STRETCHING PROGRAM

(Perform 3-4 times a week, the more the better) for a regular routine.

With stretching always push the stretch to a 'comfortable' range. You should feel a strong stretch but should never be in pain. Push yourself as far as you can and work on improving the range each time.



Side Lying Quad Stretch

Lie on your side with the hips stacked on top of each other. Keep the knees on top of each other and pull your heel towards your buttock, hold for 20 seconds. Next pull the knee and foot backwards to feel the stretch in the front of the hip.

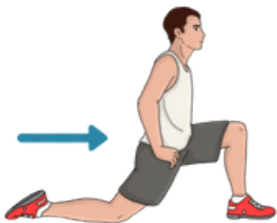
Perform hold for 12 secs
Repeat 3 sets



Static Lunge

Come into a lunge position. Slightly lean forwards so your weight is through your front leg. Lift the foot of the back leg and hold with your hand. Pad out the knee with a cushion if needed.

Perform 12-15 reps
Repeat 3 sets



Dynamic Lunge

Similar to the starting position of the above exercise. This time take the front foot slightly further in front of you and push your hips forwards towards the front knee. You can place your hands either side of the front knee to feel the stretch more.

Perform for 20 seconds
Repeat 3 sets



Thomas Stretch

Lie on a table/counter top (something high enough that your foot won't touch the floor). Lie so your bum is just on the edge of the surface and allow your effected leg to drop off the end to stretch the front of the hip. Pull your 'good' leg towards your chest as shown.

Perform for 20 seconds
Repeat 3 sets