

Quad Set for Leg and Knee



This exercise is designed to stretch and strengthen the muscles around your knee. Before beginning, talk with your healthcare provider about the risks and benefits of the exercise. Read through all the instructions before starting the exercise. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain continues, call your healthcare provider.

1. Sit on the floor with one leg straight, the other bent.
2. Flex the foot of your straight leg by pointing your toes toward you. Press the back of your knee into the floor while tightening the muscle on the top of your thigh. Hold for 5 to 10 seconds. Then relax.
3. Repeat 10 to 15 times. Do 3 to 5 sets a day.



Caution

- Don't arch your back.
- Don't hunch your shoulders.

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