



Hip Flexor and Quadriceps Stretch

The purpose of this stretch is to lengthen the muscle and soft tissue at the front of the thigh, pelvis, and tissues leading into the deeper regions of the back. The stretch can be done in one of two ways, as pictured above. The stretch can be done at the side (top two photos) or at the end of a bed, table, or even the top step of a flight of stairs (bottom two photos).

Depending on the degree of tightness, your therapist will recommend a certain manner of performing the stretch. Follow these instructions in terms of their recommended length of time and frequency. This stretch should be a “low load/long duration” stretch; one that is not too extreme and held for a period of time of 3-6 minutes per leg. Note that in the second photo of each of the above sequences, the knee is trapped by the arm just below the elbow and the other hand grasps at the wrist. This allows the leg to hang off of the rigid arm, with less fatigue than if both hands hold the knee to the chest. Increasing the amount of knee to chest will reduce the strain on the lower back.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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