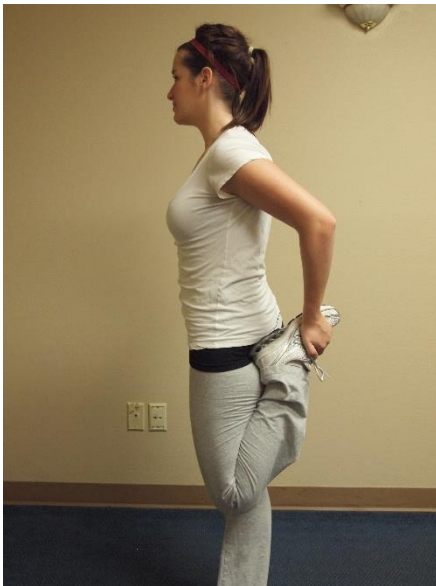




Rehabilitative Exercises | Extremity Stretches

E5 Standing Quad



Stand straight with your hand against a wall for balance. Hold right ankle with your right hand. Pull towards right buttock to stretch your quads. Hold for ____ seconds while balancing on left leg. Release and change legs. Repeat ____ times a day.