

Quadriceps Stretch

The quadriceps are the large group of muscles at the front of your thigh. They are commonly shortened by long periods of sitting. Due to the attachment of the quadriceps on to the pelvic, shortened quads can create pelvic tilt. (See Lower Cross Syndrome for more information on the affects of muscle imbalances and how it can lead to back pain).



How to Stretch your Quads

- For balance, hold onto something, i.e a wall.
- Stand with feet hip width apart.
- Bend a knee and hold on to you foot or ankle behind your bottom.
- Make sure that when you look down at your highs that they are both in line.



Don't lean back or forward,
ensure you are standing
upright.



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- Once you have your balance and posture, tighten your core by pulling your belly button to your spine.
- You may find that holding the right posture, there is already a stretch down the front of your thigh.
- Breathe in, as you breathe out push your bent knee towards the floor. You will feel the stretch through the full length of your thigh.

N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.

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