

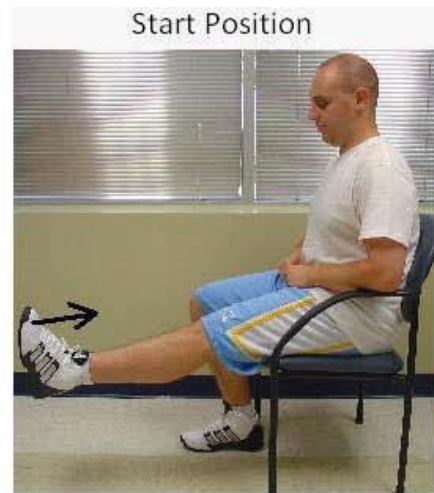
Quadriceps Strengthening Program

Quad Sets-Begin by being seated on a bed or couch with your legs straight and your trunk in an upright position. Start the exercise by pulling your right foot and toes towards your trunk, followed by fully extending your leg and contracting your quadriceps musculature. Count to three seconds, then relax your quadriceps muscle and relax your foot. Concentrate on maintaining an upright trunk position while keeping your knee extended for the exercise. Repeat this exercise with both legs for 20 repetitions.

Straight Leg Raise-Begin by lying on your back on a bed or couch with your right leg straightened and your left leg bent. While performing a quad set (as described above), slowly lift your right leg upwards to a 45 degree angle. At the peak of the angle, slowly lower your leg to the starting position and relax your quadriceps muscle. Focus on keeping your knee fully extended and your leg straight throughout the exercise. Repeat this exercise with both legs for 15 repetitions.



Seated Leg Extension-Begin by being seated in a chair with your knees bent to a 90 degree angle. Start the exercise by pulling your right foot and toes upwards, then slowly extend your right knee until your right leg is fully extended. Hold the right leg in a straightened for a count of three seconds, then slowly lower your leg to the floor and relax your right foot. Focus on contracting your quadriceps musculature when holding the exercise for three seconds. Repeat the exercise with both legs for 10 repetitions.



Wall Slides-Begin by having your back against a wall and your legs straightened with your feet about two to three feet in front of your body. Start the exercise by slowly sliding down the wall into a sitting position until your knees are bent to a 60 to 90 degree angle. Hold the seated position for a count of five seconds, and then slowly slide back up the wall into a standing position. Be sure to keep your back flat against the wall throughout the entire exercise and keeping your knees directly over your ankles when in the seated position. Repeat this exercise for 10 repetitions.



Step Ups – Begin by standing on a step or foot stool with your right foot over the edge while holding onto a railing for support and maintaining an upright trunk. While keeping your left hip stable, slowly bend your left knee and touch your right heel on the floor. Slowly straighten your left knee and contract your quadriceps muscle to straighten your knee. Concentrate on keeping your weight balanced on your left leg and maintaining good form. Repeat this exercise for both legs for 15 repetitions.

