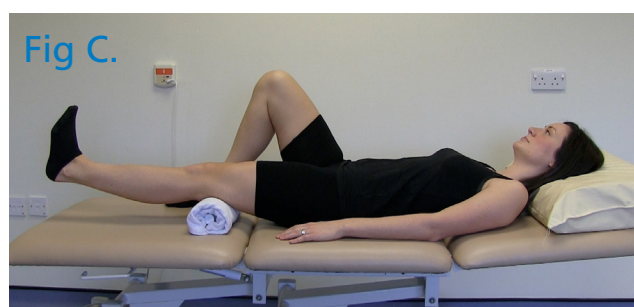
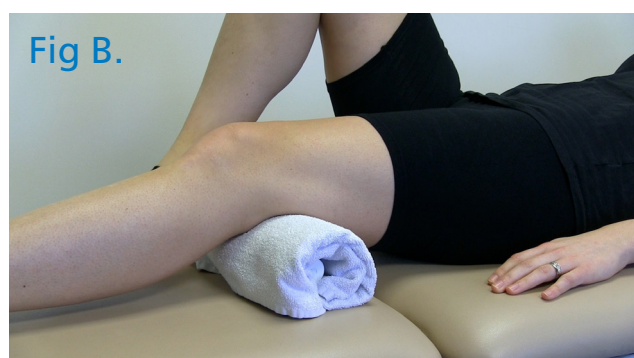


## Inner range quads



Lie comfortably on a bed, or on the floor.

Place a rolled up towel, or a tin wrapped into a towel underneath your knee (Fig A).

Bend the knee that you are not exercising (Fig B).

Pull your foot back towards you. Keeping the back of the knee on the roll, straighten the leg as fully as possible and hold for five seconds (Fig C).

Slowly control the lowering of the leg towards the bed for a count of five and relax.

Repeat as directed by your physiotherapist.

**For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)**

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.