

Quads stretch



Use a wall for support.

Bend your affected knee by lifting your heel up towards your bottom.

Take hold of your foot or ankle and pull it towards your bottom.

Ensure that your knees stay together and push your hips forward.

Hold and 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.