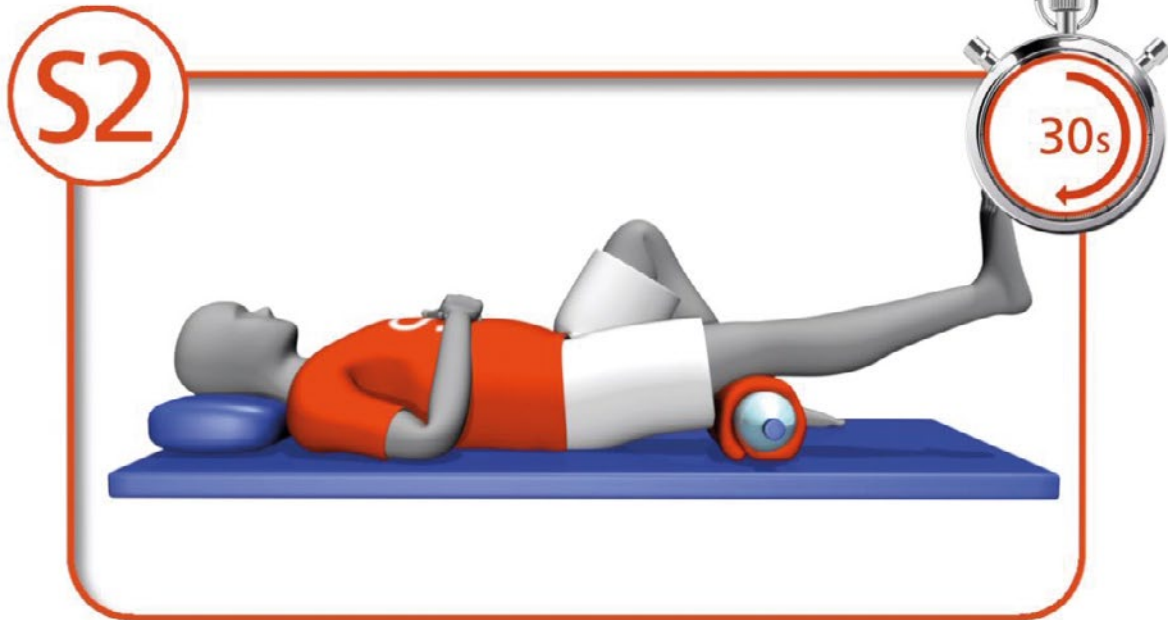


Strength – Lower body

Thigh (quadriceps) muscle



Lie on the back with a support under the knee (such as a cushion or water bottle wrapped in a towel). The knee to be exercised should then be extended and the heel lifted over a count of about 10 seconds, held for about 30 seconds, then slowly lowered back down over another count of about 10 seconds.



Comments

- Do not keep the leg too rigid.
- Ensure that the back is flat against the floor.
- The head should be well supported comfortably on a pillow or cushion.

Functional application

Maintaining good strength in the quadriceps helps reduce the risk of injury or pain in the knee.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions