



# QUAD & HIP FLEXOR STRETCH INSTRUCTIONS

Perform these stretches daily to help with adjusting to your Sole Supports orthotics. These stretches are a great tool to use everyday in addition to your orthotics for preventing injury.

## Standing Quad/Hip Flexor Stretch

Stand with back straight (maintain inward curve of low back). Grab above the right ankle with the right hand as shown. Hold onto a chair or other support with your free hand to help maintain your balance.

Tense your abdominal muscles during this stretch to avoid hyper-extending your lower back and to get a better stretch.

Slowly pull your right ankle back and up until you feel a good firm stretch in the front of your thigh. Remember to tighten your abdominals!

Hold for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day.  Do both sides.

