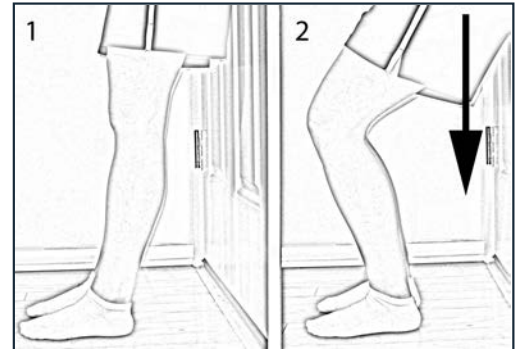


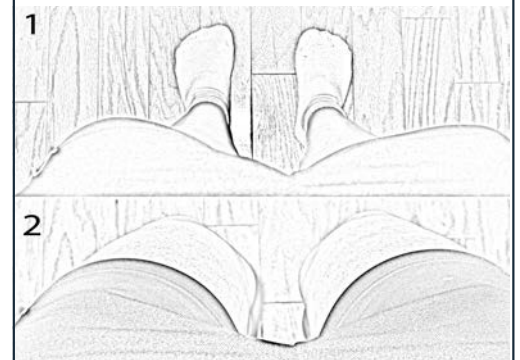
## Quad-Strengthening Exercises

### Wall Slides

1. Find a slick, vertical surface such as a door.
2. Stand with your back against the door and your feet about 12 inches away from the door.
3. Make sure you are wearing shoes or socks with grip on the bottom so your feet don't slide on the floor.
4. Bend your knees and lower your butt towards the floor, sliding down the door (Be sure to keep your back flat against the door).
5. Lower yourself until your knees hide your feet (as shown). See number 2.
6. Hold this position for five seconds, then stand back up to the starting position.
7. **Do 20 of these, twice a day, three days a week.**



Looking down, you should slide until your knees hide your feet, as shown.



### Isometric Quads (Knee Extensions)

1. Sit in a sturdy chair with your feet flat on the floor.
2. Straighten your leg and tighten your thigh muscle. Hold this for five seconds.
3. Relax your muscle and let the foot slowly drop back to the floor, bending at the knee.
4. Be sure to do these on both legs, alternating one and then the other.
5. **Do 20 of these per leg, twice a day, three days a week.**

