

Quadricep Exercises



Strength – Quadriceps, Isometrics

Non-weight Bearing

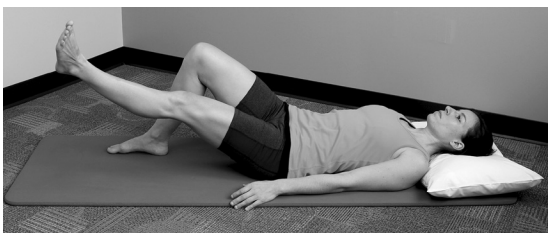
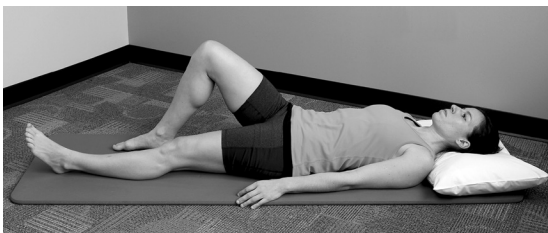
1. Lie flat or sit with your leg straight.
2. Tighten the muscle in the front of your thigh as much as you can, pushing the back of your knee flat against the floor. This will pull your kneecap up your thigh, toward your hip.
3. Hold the muscle tight for 10 seconds.
4. Repeat this exercise 10 to 20 times, five times per day.



Strength – Quadriceps, Short Arcs

Non-weight Bearing

1. Lie flat or sit with your leg straight.
2. Place a four to six inch rolled up towel under your knee, allowing it to bend.
3. Tighten the muscle in the front of your knee as much as you can, and lift your heel off the floor.
4. Hold this position for two seconds.
5. Repeat exercise 50 times, three times per day.



Strength – Quadriceps, 7 Count

Non-weight Bearing

The quality of muscle contraction in this exercise is what counts the most, not just the ability to lift your leg.

1. Tighten the muscle in front of your thigh as much as you can, pushing the back of your knee flat against the floor.
2. Tighten the muscle **harder**.
3. Lift your leg/heel four to six inches off the floor.
4. Tighten this muscle **harder again**.
5. Lower your leg/heel back to the floor. Keep the muscle in front of your thigh as tight as possible.
6. Tighten this muscle **harder again**.
7. Relax.
8. Repeat exercise 50 times, three times per day.



Strength – Quads

Weight Bearing Only

1. Stand with your feet shoulder-width apart and place equal weight on both legs.
2. Keep your kneecaps in line with your toes.
3. Slowly bend both knees, **keeping equal weight** on both legs, and return to a standing position.
4. **Do not bend your knees more than 90 degrees.**
5. You may use the edge of a table on a counter for balance if needed.
6. Repeat exercises 10 times, three times per day.



Strength – Quadriceps, Step-ups

Weight Bearing Only

1. Use a step or books.
2. Place your foot on the step or books approximately six to eight inches in height. Make sure that your kneecap is in line with the tip of your second toe.
3. Hold on to a hand rail, chair, wall or another object for balance if needed.
4. Slowly step up and down. Make sure the kneecap is always in line with the tip of your shoe or your second toe. Lightly touch the heel of the opposite leg to the floor and return to the starting position.
5. Repeat exercise 10 times, three times per day.