Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Quadriceps Strengthening
Home Exercise Program

Standing Quadriceps Stretch (3 x 45 seconds)

- Stand next to wall, table or chair for support
- Hold ankle of involved leg behind you, pulling heel to buttock; keeping knees side by side
- Should feel a stretch of the upper front part of leg
- To intensify stretch, squeeze buttocks together during stretch



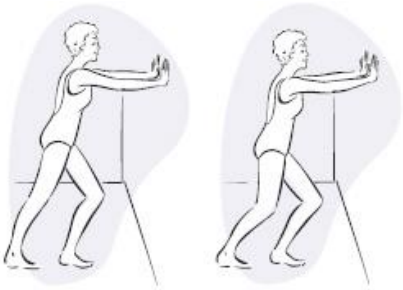
Sitting Hamstring Stretch (3 x 45 seconds)

- Sit with leg straight in front of you
- Keep back straight
- Lean forward, keeping back straight
- Should feel a stretch of the back of your upper leg



Gastrocnemius Stretch (3 x 45 seconds)

- Stand next to wall with involved leg behind other leg
- Keep heels on the ground at all times
- Lean forward keeping back leg straight
- Should feel a stretch of the back of lower leg/behind knee



Soleus Stretch (3 x 45 seconds)

- Now, slightly bend the knee of involved leg
- Lean forward, keeping back knee slightly bent
- Should feel a stretch of the back of lower leg/Achilles area

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Standing IT Band Stretch (3 x 45 seconds)



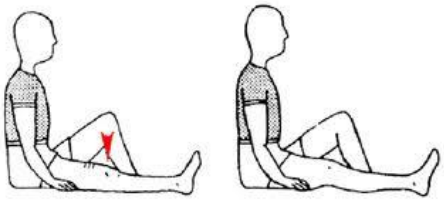
- Stand next to wall with involved leg behind stabilizing leg
- Keep involved leg straight
- Push hip towards the bottom of the wall
- Should feel a stretch from hip to knee in the involved leg

Glute Stretching (3 x 45 seconds)



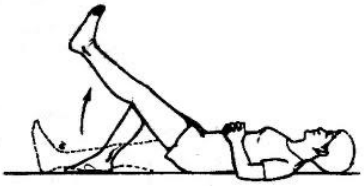
- Lay on back with knees and hips bent at 90 degrees
- Cross involved leg over the other leg so ankle is resting on uninvolved knee
- Grab involved knee a gentle pull toward chest
- Should feel a stretch of hip/buttock area

Quad Set (3 x 25)



- Sit with leg straight in front of you
- Push back of involved knee down towards the ground
- Contract (“fire”) the front of the upper leg
- Should feel the front of upper leg working
- Should see some muscle contraction (“firing”)

Single Leg Raise (3 x 15)



- Sit with leg straight in front of you
- Push back of involved knee down towards the ground
- Contract (“fire”) the front of the upper leg
- Raise straight leg off the ground approximately 45 degrees
- Should feel front of leg/hip muscles working while slowly raising/ lowering leg

Side-lying Hip Abduction (3 x 15)



- Lay on non-involved side and slightly bend bottom leg for support
- Keep involved leg straight
- Raise straight leg; making sure outside of foot is towards ceiling

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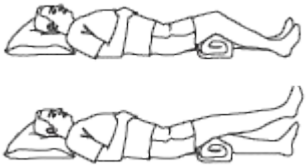
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Adductor Ball Squeezes (3 x 15)



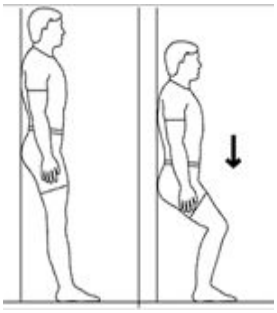
- Lay on back with knees bent comfortably; feet flat on floor
- Place a pillow or ball between knees
- Squeeze the pillow or ball with knees and hold for 3 seconds
- Should feel the inner part of the upper leg working

Short-Arc Quads (3 x 15)



- Lay on back with a rolled towel under involved knee
- Extend leg until straightened, pushing knee into towel
- Hold for 2 seconds and lower leg to starting position

Wall Mini-squats (3 x 15)



- Stand against wall with feet approximately 18-20 inches from wall
- Feet shoulder width apart and back flat against wall
- Squat down with back against wall until knees are bent approximately 45-60 degrees
- Make sure knees do not go in front of toes while squatting
- Hold the squat position for 2 seconds
- Slide back up wall, pushing heels into the floor

Single Leg Balance (3 x 30 seconds)



- Stand next to wall, table or chair for support if needed
- Stand on involved leg with uninvolved leg bent (knees side by side)
- Balance on leg, trying to hold for time
- Close eyes to make exercise more difficult if needed