

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of this lying quad stretch. Repeat on the other side.

Lying Quad Stretch



How To:

1. Lie flat on your right side
2. Outstretch your right arm under your head for support
3. Keep your legs stretched out straight
4. Once you have your balance reach for the ankle of your left leg using your left hand
5. Stretch your heel towards your left glute
6. Feel the stretch in your left quad and hip flexors
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Repeat on the other side