



Robyn Dey RMT
Massage Therapy

Rectus Femoris (“Quad”) Muscle Stretch – lying down on back



Instructions to stretch your **left** Rectus Femoris muscle

1. Always warm your muscles before exercising.
2. Lying down with your back with both your hips near the end of a table, hug your knees up to your chest.
3. Continue to hold your right thigh against your chest and slowly lower the left thigh toward the floor in a controlled manner. Allow the left knee to partially straighten so the leg can relax.

Alignment: Keep your left thigh and left foot centered and facing up. Do not allow the thigh to turn or to move left of center.

4. Breathe out as you relax your left leg and allow its weight pull the leg down causing the stretch on the rectus femoris muscle at the front of your thigh.
5. To increase the stretch contract the muscles in buttocks (gluteals) and back of the thigh (hamstrings).



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Rectus Femoris (“Quad”) Muscle Stretch – on stomach



Instructions to stretch your **left** Rectus Femoris muscle

1. Always warm your muscles before exercising.
2. Lying down on your stomach with your left knee bent, hold on to your left leg just above the ankle. If this is too painful, place a towel or strap around the ankle to pull on (shown above)

Alignment:

- Keep your left thigh and left foot centered and facing up. Do not allow the thigh to turn or to move left of center.
 - Keep your shoulders, stomach and chest on the table.
3. Breathe out as you pull your left thigh backwards and pull your foot up causing the stretch on the rectus femoris muscle at the front of your thigh. If this causes pain, loosen the pull on your leg.
 4. To increase the stretch place a small folded towel or a pillow under the left thigh to raise it higher than the right hip.



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Rectus Femoris (“Quad”) Muscle Stretch – standing

Fig A: **Correct Alignment:**
neutral spine, pelvis and hips

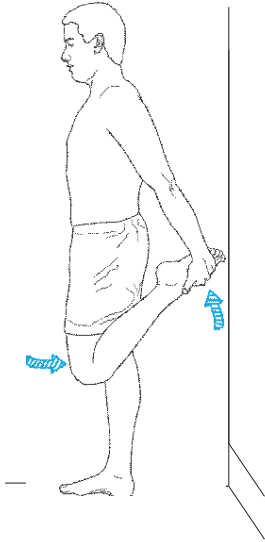


Fig B: **Incorrect Alignment:**
the hip is flexed

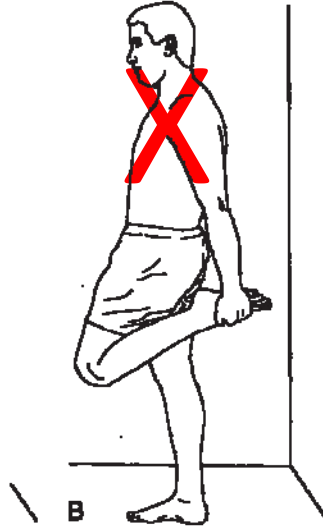


Fig C



Instructions to stretch your **left** Rectus Femoris muscle

1. Always warm your muscles before exercising.
2. Standing holding on a wall or chair for balance with your left hip held behind the right hip and left knee bent, hold on to your left leg just above the ankle.

Alignment:

- Keep your left thigh and left foot centered and facing up. Do not allow the thigh to turn away from your body or to move left of center.
 - Maintain a posterior pelvic tilt. Keep your spine straight. Do not arch your back or allow your back to lean to either side.
3. Breathe out as you pull your left thigh backwards and pull your foot up until you feel a stretch at the front of your thigh. If painful, place your knee on a chair or bench and gently move forward until you feel the pull on the front of your thigh. (fig C)
 4. To increase the stretch contract the muscles in buttocks (gluteals) and back of the thigh (hamstrings).



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Rectus Femoris (“Quad”) Muscle Stretch – kneeling



Instructions to stretch your **right** Rectus Femoris muscle

1. Always warm your muscles before exercising.
2. Kneel with the right knee down and behind your hips (Use a towel under the knee for comfort, not shown)
3. Place the top of your right foot against the wall directly behind your right hip.
4. Step forward with your left foot, placing your left foot flat on the ground.
5. Bring your trunk and pelvis upright being sure not to let your back arch.
6. Adjust foot and knee placement if you do not feel a pull stretch in the front of your right thigh. Breathe out as you hold the stretch.

Alignment:

- Keep your right thigh and foot centered to your body. Do not allow the thigh to turn away from your body or to move right of center.
- Maintain a posterior pelvic tilt. Keep your spine straight. Do not arch your back or allow your back to lean to either side.