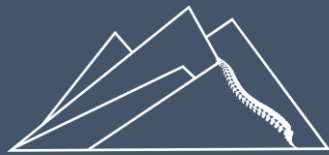


# Standing Quad Stretch



## Instructions

1. Hold onto a chair or counter for balance and stand in chest up posture.
2. Pull the foot straight back so the knee stays in line with the body.
3. Breathe deep and allow the muscles to relax.
  - » To target the dorsiflexor muscles of the foot, perform the same stretch while grasping the toes.



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS

Duration:

Repetitions:

Frequency: