

Towson Orthopaedic Associates Towson Sports Medicine Tips from the Athletic Trainer



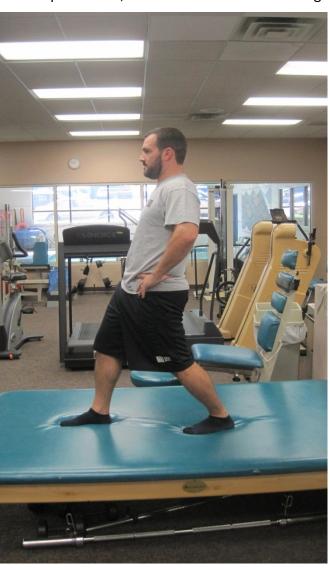
Hip Flexor/Quadriceps Flexibility Circuit
ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD
YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT
QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH
BE SURE TO STRETCH BOTH LEGS

HIP FLEXOR:

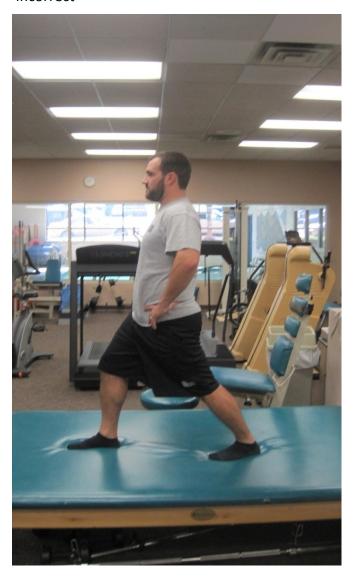
- -Stagger Stance
- -Lunge forward
- -Shoulders BACK

Correct

-Lean hips forward, should feel stretch in back leg



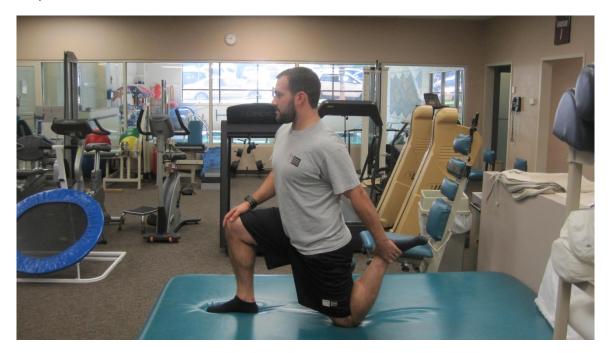
Incorrect



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HIP FLEXOR (VARIATION)

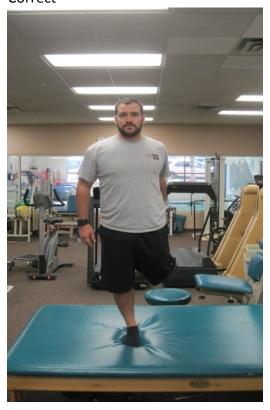
- -Forward lunge
- -Hold ankle, bend knee



QUAD STRETCH

- Standing
- Bend knee
- Grab and hold ankle

Correct



Incorrect



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