

Quadriceps Tightness Exercise Handouts

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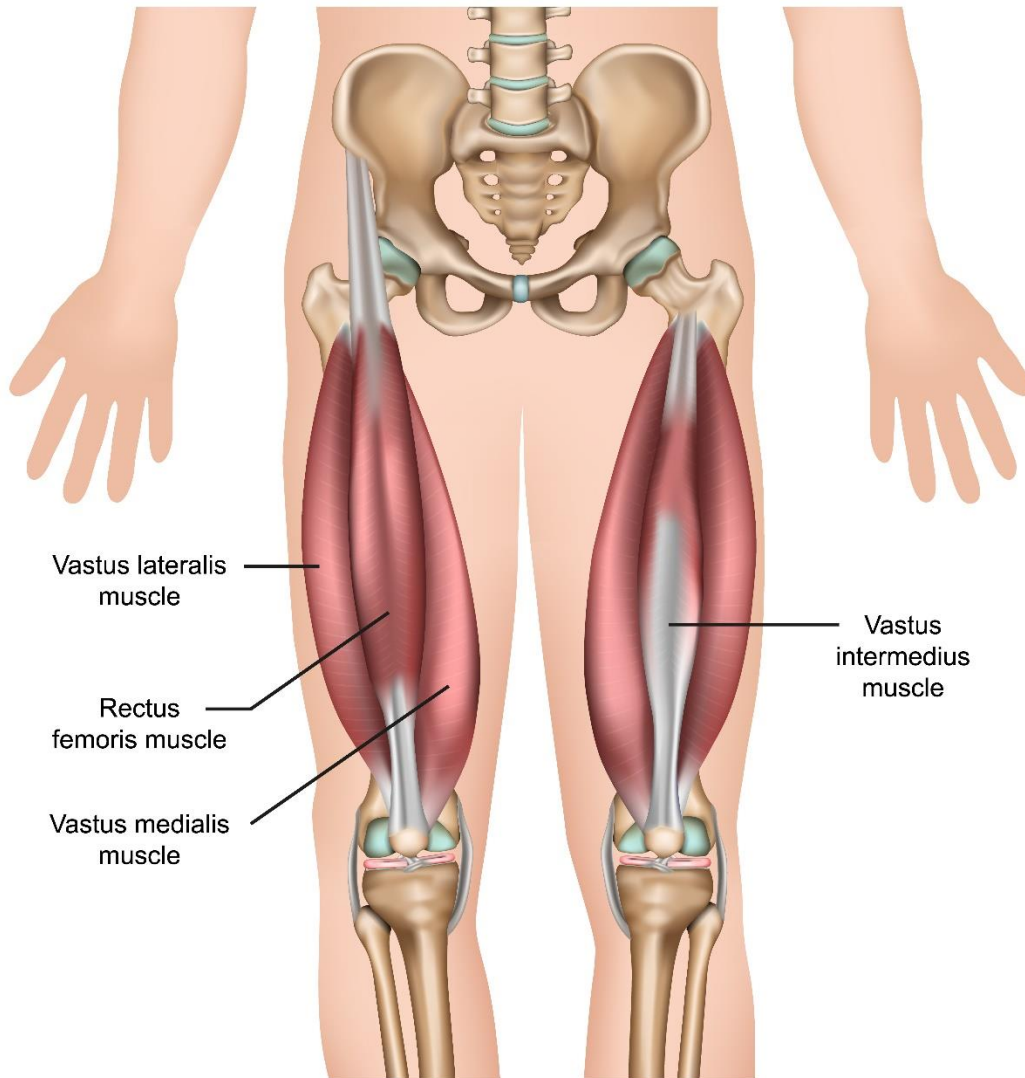
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The quadriceps, sometimes known as the quads, are a set of four muscles that are located on the front of the thighs. People are able to stand, walk, run, squat, and jump thanks to the strength and size of this muscle group, which is among some of the largest and strongest muscles in the human body.

The word "quadriceps" comes from the Latin phrase that means "four heads." This is due to the fact that humans typically divide this muscle group into four discrete sections, all of which contribute to extending the leg when working together. The quadriceps are comprised of four different muscles, which are as follows:

- Rectus femoris
- Vastus lateralis
- Vastus intermedius
- Vastus medialis.



The tightness in the quadriceps muscles might sneak up on you. Because you sit all the time, you might not feel the gradual decrease in your quad flexibility that results from this, or the stress that builds up in the muscles of your low back as a result of this.

You might also choose to accept the chronic aches and pains in your low back, which you have developed to the point where they are now considered to be your "normal." Because of the tightness in your quadriceps, you have, in other words, been accustomed to living with some limits as well as at least some degree of back pain.

Some exercises can help with quad tightness. Many such exercises can be done readily at home without any specific equipment like the exercises listed below.

- **Seated long arc quad**

Step 1 – Sit on a chair.



Step 2 – Raise your leg slowly; try to pull towards yourself when you raise the leg and tighten the quadriceps.



Step 3 – Repeat it with the other leg.

- Repeat 16-20 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Prone quadriceps stretch with strap**

Step 1 – Place the strap around your foot and lie with your face down.



Step 2 – Pull on the strap, bringing your heel towards your buttocks until you feel a stretch in the front of your thigh. Make sure you keep your knees together throughout the stretch.



- Repeat 6-8 times
 - 3 sets in a row
 - Once-daily
 - 5 days a week
- **Active straight leg raise with quad set**

Step 1 – Lie straight on your back with one leg bent and the other leg straight. Next, make a posterior pelvic tilt to guard your back from injury. Further,

draw your umbilicus (belly button) toward the floor. If done correctly, your back must be flat against the floor. You can also monitor your method by putting your hand under the slight curve of your back and flattening your back so that your back is "crushing" your hand. With your toes pointed towards the ceiling, keep one leg straight and raise another to 45 degrees.



Step 2 – Gradually lower the lifted leg back to the floor, but avoid jerky motion.



- Repeat 12-16 times
 - 3 sets in a row
 - Once-daily
 - 5 days a week
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- **Half kneeling hip flexor stretch with chair**

Step 1 – Start by kneeling on the yoga mat, but unlike half kneeling hip flexor stretch, ensure that one of the legs is on the chair, which would not be moved forward.



Step 2 – Move one of your feet forward like in lunges, ensuring that the knee is directly above the ankle. Now place both the hands on the knee of the extended leg.



Step 3 – Stretch your hip flexor by moving forward. At the same time, squeeze the glutes of other hips.



Step 4 – Hold the position for 30-45 seconds

- Repeat 6-8 times
 - 3 sets in a row
 - Once-daily
 - 5 days a week
- **Combined thoracic rotation, hip flexor, and quadriceps stretch**

Step 1 – Kneel down and then flex your hip as you do in lunges.



Step 2 – Move one of your legs back, trying to straighten it as much as possible and thus stretching the quadriceps



Step 3 – Combine it with thoracic rotation to the right and left



- Start with 5-10 reps and build upon it, aiming for 20 or more reps
- 3 sets in a row
- Once-daily
- 5 days a week

- **Quadriceps stretch with table**

Step 1 – Lie on the table or bench with half of the body hanging in the air.



Step 2 – Bring back the hanging leg and grab it to stretch the quadriceps muscles with your hands.



1. Repeat 6-8 times
2. 3 sets in a row

3. Once-daily
4. 5 days a week

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