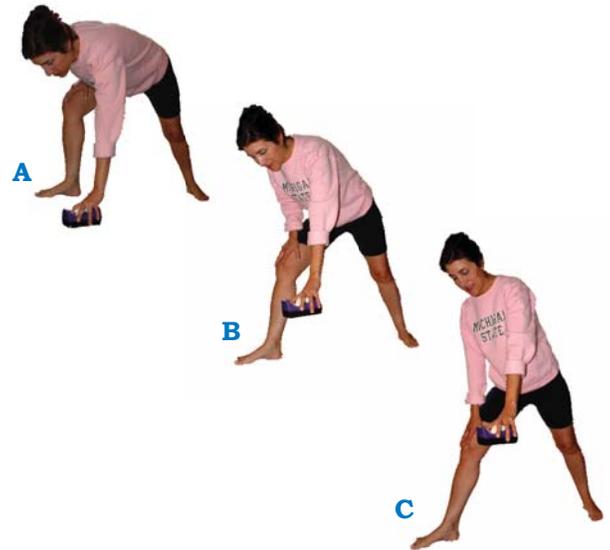


Do's & Dont's

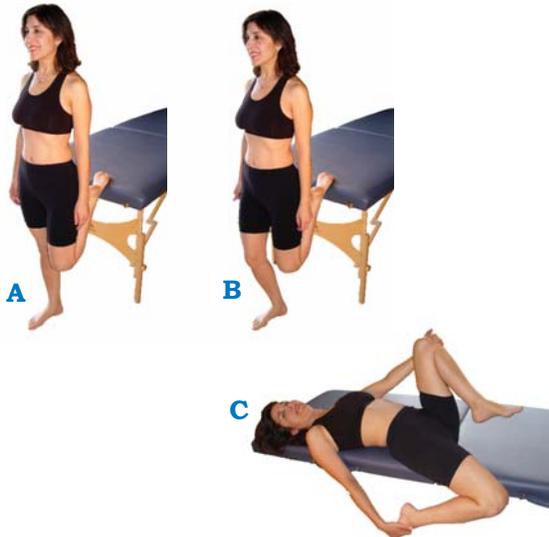
- Avoid being seated for too long. If possible, get up every 1-2 hours, stretch & walk around.
 - Using a rocking chair keeps the muscle active & avoids being in one position for too long.
- Avoid sitting with your hips flexed and your knees extended.
 - A back support for the lumbar area may allow you to maintain this position when driving.
 - Use of cruise control enables frequent position changes when driving that is important in avoiding trigger point activation.
- Avoid sitting with one leg folded beneath the buttock.
- When getting up from the seated position use your hands to assist with a push-off from the armrests of the chair or against both of your thighs...near your knees.
- Avoid deep knee bends & complete squats.
 - Be mindful not to squat on the floor when changing a diaper, tending a child, cleaning, gardening...etc.
 - A low bench may be a good substitute for kneeling. Keep on handy until your leg problem gets better.

Safe Lifting to Avoid Squatting



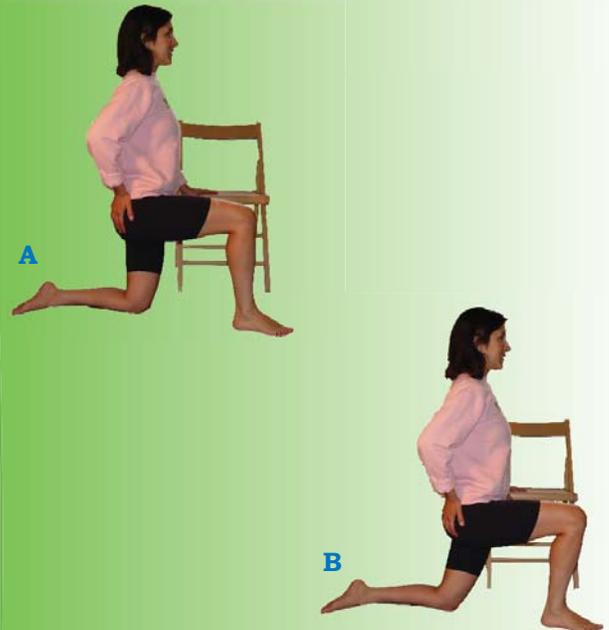
Assume a wide stance, as in figure A. Place one hand on your knee for stabilization and grasp the object you are trying to get with your other hand while bending from the waist. Use the hand on your knee to help you assume the upright posture, as in figures B & C.

Rectus Femoris Self-Stretch



Place your foot on a table or upon a pillow on your bed so that your knee is bent & your hip is relatively straight, figure A. Bend the knee upon which you are standing until you begin to feel some tension in your thigh, as shown in figure B. Then, tighten your buttock muscles. The feeling of tension should increase on the side being stretched. Hold this position for 20 seconds. Repeat this exercise 3 times and then 3 times a day on both sides. After the 20 second contraction relax your muscles & see if your foot can now point even more away from your body. Repeat this exercise 3 times and then 3 times a day.

Kneeling Quad Stretch



Kneel on your affected leg. Sometimes a pillow under the knee is necessary for comfort, especially on a hard surface. Hold a chair or table with your hand on your unaffected side & use the other hand to monitor your buttock muscle. Contract your stomach arch your back.

Contract your buttocks muscles. You should feel a stretch in the thigh of your affected leg. Hold the stretch for 30 seconds & repeat on each side 3 times & then 3 times a day on both sides.

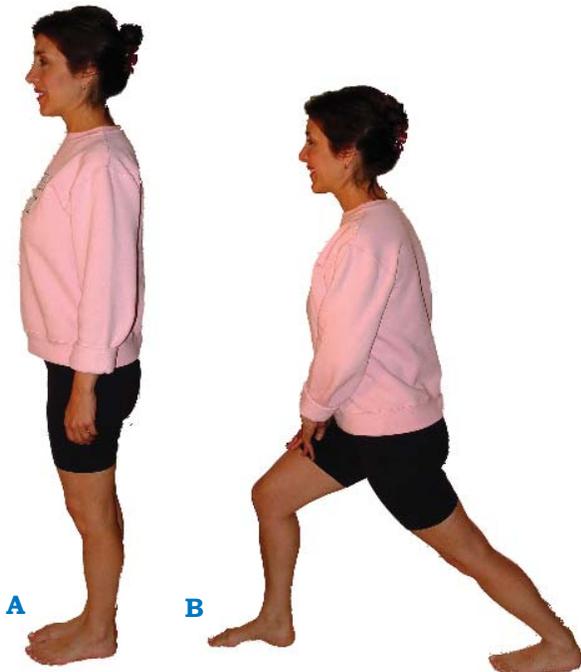
Vastus Lateralis Acupressure



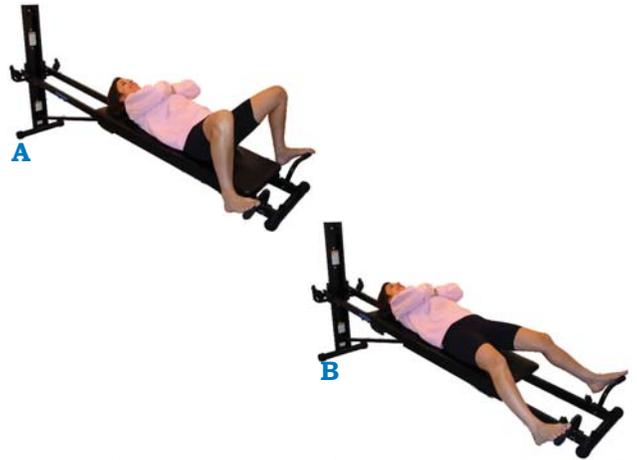
Lay upon your affected side. A tennis ball can be used to create pressure on the tender points (figure A). Allow your thigh to dwell upon or to roll upon the tender points, like a massage, until they disappear or until you think you've had enough!

1. Start in the standing position (Figure A).
2. Step forward with one leg & comfortably bend at your knees, while exhaling through your nose (Figure B).
3. Resume the original standing position, while inhaling through your nose (Figure A).
4. Repeat this exercise for the other side & continue for 5-15 repetitions alternating sides.

Lunges



Strengthening Using a Machine



Lay with your back on the apparatus & one of your feet is supported by the machines foot rest & the other is above it, figure A. While fully exhaling through your nose, allow your knee to flex to a comfortable level, figure B. Upon inhaling fully, bring your leg back to the starting position. Perform this exercise 8-12 times on each side and repeat it 2-3 times each day.

Remember a strengthening program should not be started until you are pain free & cleared by your physician.

The Elliptical Trainer, Walking, Running & Cycling

Probably the best exercise for this muscle is walking, figure B. Make sure that you maintain a good posture while walking and that your hip is able to fully extend when your toe leaves the ground. You should feel your gluteus maximus contract when you are in this fully extended position. If you don't feel it, then stretching the hip flexors, as well as the gluteus maximus, is a must.

Running (figure C) and cycling (figure A), as well as using an elliptical trainer (figure D), are also great exercises to strengthen the quadriceps. **Remember to stretch before & after these exercises to decrease your chance of a recurrence of injuring your quadriceps.**

