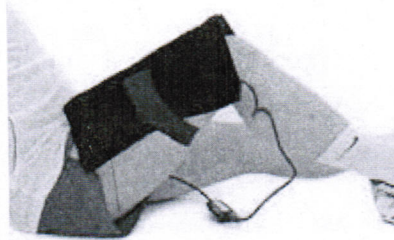


**C. Christopher Stroud, MD**  
Hamstring / Quadriceps / Core Strengthening Program

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**Use heat prior to exercises – 10 minutes once per day**

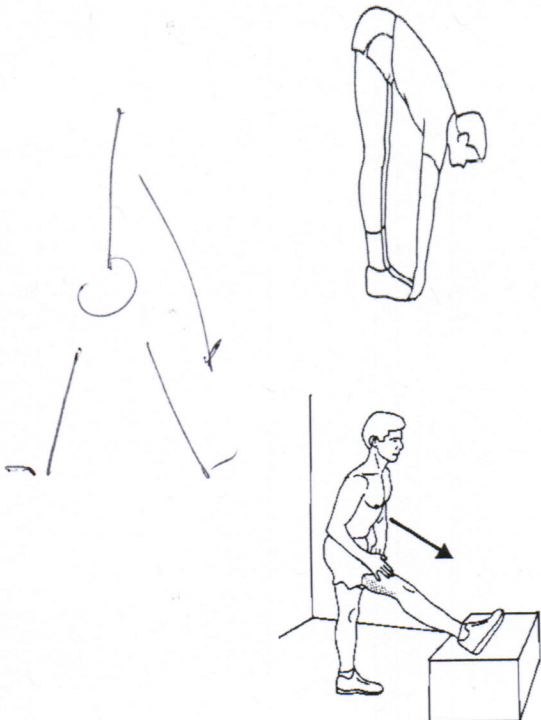
- May use a heating pad, warm washcloth, shower, or hot tub



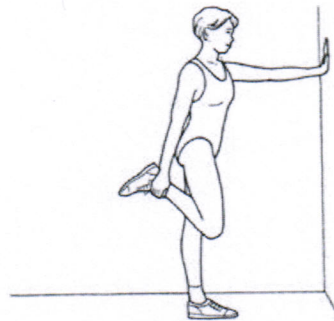
**Range of Motion / Stretching Exercises – 10 x each, 3 sets of 10 – once per day**

- 2 exercises: Hamstring Stretch (back of thigh) and Quadriceps Stretch (front of thigh)
- Hold each stretch for 10 seconds each, then repeat

Hamstring Stretch

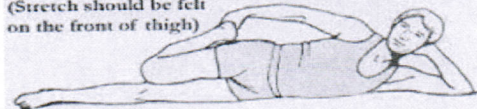


Quadriceps Stretch



**QUAD STRETCH**

Lay on side.  
Bend top leg and hold ankle/foot.  
Pull heel towards buttocks.  
(Stretch should be felt  
on the front of thigh)

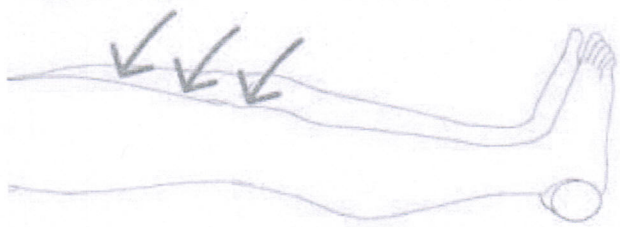


**Strengthening Exercises – 10 x each, 3 sets of 10**

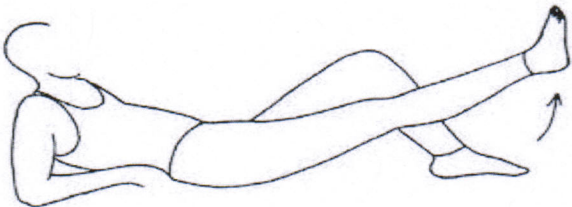
- These exercises will help to strengthen your lower legs, core, and low back

Quadriceps Sets

Quadriceps Sets:  
tighten thigh muscles and hold for 5 seconds



Straight Leg Raises: This exercise can be done while lying down or standing up. Keep your knee straight.



**Straight leg raise**

Core Strengthening:

Core Exercises: Stage 1



Setting Core Muscles: Tighten tummy muscles by pretending you are sipping a straw through your belly button. Hold for 10 seconds. Repeat 10 times



Bridging: Set core muscles. Tighten buttocks and lift hips off the floor making a straight line from knees to neck. Hold for 10 seconds. Repeat 10 x 3



Bridging with leg lift: Be careful not to lean to one side. Repeat 10 x 3 each leg



Side Crunches: Set core muscles. Take opposite hand to knee by crunching stomach. Repeat 10 x 3 on each side