



### a. Knee to Chest Seated

[Video Link](#)

Begin sitting in an upright position with your feet resting on the floor. Lift one knee upward, grasping it at your shin and pulling it toward your chest. Hold until you feel a stretch. Make sure to avoid arching your back as you lift your leg.



### b. Standing Lunge Using Table

[Video Link](#)

Begin in a standing upright position in front of a chair next to a table surface for support. Place one foot on the seat of the chair and slowly lower yourself towards the ground, while stabilizing yourself using the table and back rest of the chair. Hold briefly, then return to the starting position and repeat. Make sure to keep your toes pointing forward and your heels on the seat.



### c. Quadriceps stretch with hip extended

[Video Link Standing](#)

[Video Link Lying Down Prone](#)

Begin in a standing upright position holding onto a stable chair or table for support. Bend one knee upward and grasp your foot, pulling the heel toward your bottom and pushing your hips forward until you feel a stretch in the front of your thigh and hold. Keep your back straight as you hold this stretch. You may also do a similar movement sequence while lying on your stomach with one leg off the table and using a belt looped around your ankle to assist with stretching your quadriceps.





### d. Wall Squats

[Video Link Wall Squat](#)

[Video Link Wall Squat with FitBall](#)

Begin standing with the back of your shoulders against the wall and your feet about shoulder width apart. Slowly move your feet forward until your heels are about 12-inches from the wall. Lower yourself down the wall by bending your hips and knees, until your thighs are parallel to the floor and hold. Return to the starting position and repeat. You may also do a similar movement sequence by doing a wall squat using a fitness ball between the wall and your back.



### e. Chair Squats

[Video Link](#)

Begin in a standing upright position in front of a chair. Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat. Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.



### f. Mountain Pose to Forward Fold

[Video Link](#)

Begin standing in mountain pose, feet apart and palms pressed together. Inhale, lift your arms through the midline to upward facing hand pose. Exhale, bring your hands down and reach forward as you bend your knees to an active squat (keep feet flat) and hold for 3 seconds. Then fold forward and relax your head and hold for 3 seconds. Return to mountain pose. Bending your knees allows for improved folding at the hip crease and decreased strain on the hamstrings and low back. Repeat 3-5 times.

