

Exercise for standing activities 4: Stretching the front thigh muscles



In a standing position; place your feet hip width apart.

Hold one foot and gently pull your heel towards your buttocks, while standing upright. Do not move your thighs out to the side.

Note: If you have a knee problem, hold your trouser leg and gently pull your leg back.

Hold twice on each side for 15–20 seconds



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The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.