

Prone Quad Release



Tight quads can lead to tight hip flexors and glutes, and weak hamstrings – all which can lead to hip pain.

1. Lie facedown on your foam roller so that it sits perpendicular across your body, right below your hip bones.
2. Place your forearms on the ground to control the amount of weight you are placing on the quads. Then, slowly roll the foam roller down towards your knees.
3. Stop and hold whenever you find a trigger point. Once you get to right above the knees, roll back up to right below the hips.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.