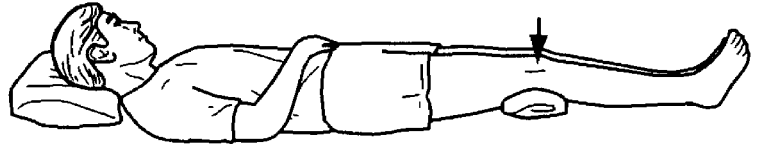


HEALTH FOR LIFE

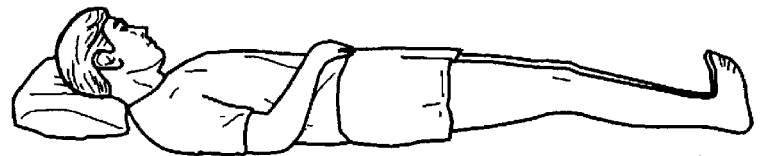
Exercise For Quad Setting

- Lie on your back. Put a rolled up towel behind your knee. Try to flatten the towel by pushing your knee down against it. Relax and repeat _____ times.



- Lie on your back and tighten your thigh muscles. Pull your knee cap towards your waist. Hold there _____ seconds. Relax and repeat _____ times.

- Lie on your back. Straighten your leg and point your toes towards your chest. Keep your heel on the bed / floor. This will make you tighten your thigh muscles. Hold for _____ seconds. Relax and repeat _____ times.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.