



IN *The Villages*[®]

America's Healthiest Hometown

Leg Straightening Stretch



TARGETED MUSCLES: Thighs

WHAT YOU NEED: Sturdy chair, bath towel

This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10–15 times.
6. Repeat 10–15 times with other leg.
7. Repeat 10–15 more times with each leg.