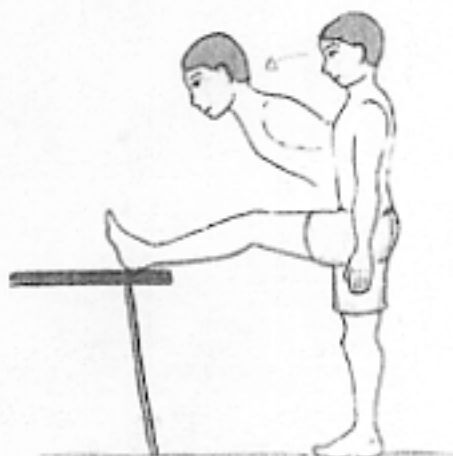


T.T.'s Big 4



Half Moon

Seated hamstrings lengthening



Standing Functional

Hamstrings lengthening

Knee slightly flexed <15 degrees
Ankle in dorsiflexion
Chest elevated
Lean Forward
Hold stretch - position as instructed

Slant Stretch - Wall Lean

- A) Straight toes
- B) Rotated hips - toes turned in



Hamstrings/Quadriceps - Co-Contraction

Small towel roll under knee, heel off edge of table
Tighten hamstrings first then tighten quadriceps down into towel roll
Hold contractions as instructed



Quad Set Plus

Tighten - Retighten