

# Phase 4: Quadriceps Tension Relief

*Integration • Energy • Long-Term Resilience*

## What Phase 4 Focuses On

Phase 4 moves beyond temporary relief. This stage builds strength, circulation, and neuromuscular balance to prevent chronic quadriceps tightness from returning. Target muscles include: • Rectus Femoris • Vastus Lateralis • Vastus Medialis • Supporting hip flexors and glutes

## Acupressure & Manual Release

1. Mid-Thigh Pressure Hold Apply sustained pressure to tender points along the quadriceps for 30–60 seconds. Breathe slowly and allow tissue to soften. 2. Vastus Lateralis Focus Use firm but controlled pressure along the outer thigh. Avoid aggressive rolling. 3. Slow Stripping Massage Glide from hip toward knee to improve circulation and calm the nervous system.

## Strength Integration Exercises

• Split Squats (slow, controlled) • Step-Back Lunges • Eccentric Squats (3–4 second lowering phase) • Glute Bridges • Hip Extension Drills Perform 2–3 sets of 8–12 controlled repetitions. Focus on alignment and steady breathing.

## Lifestyle Reset for Lasting Energy

• Stand and move every 45–60 minutes • Hydrate consistently • Walk daily • Strength train 2–3 times per week • Avoid prolonged static sitting Resilient muscles are used regularly and loaded intelligently.

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*Phase 4 is about building capacity — not chasing relief. Strong, integrated quadriceps support lasting mobility, energy, and performance.*