

Department of
PHYSIOTHERAPY

Hip and Knee Strengthening Exercises



❑ Hip Abduction (Lying on Your Side)



Repeat ___ times.

Do ___ sets.

Do ___ sessions a day

- i. Lift affected foot about 20cm up.
- ii. Keep affected knee straight and do not bend affected leg forward.
- iii. Do with _____ weight. Avoid arching back.

❑ Hip Abduction (Lying)



Repeat ___ times.

Do ___ sets.

Do ___ sessions a day

- i. Keep knee straight and toes pointing towards ceiling.
- ii. Bring affected leg out to the side.
- iii. Do with _____ theraband.

❑ Clam



Repeat ___ times.

Do ___ sets.

Do ___ sessions a day

- i. Lie on unaffected side with knees and hips bent.
- ii. Keeping feet together, lift affected knee up.
- iii. Do with _____ weight or _____ theraband. Keep buttock and chest stable.

❑ Hip Adduction (Lying on Your Side)



- i. Lie on affected side
- ii. Lift affected leg up.
- iii. Do with _____ weight.

Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

❑ Hamstring Curl



- i. Bend affected heel towards buttock.
- ii. Do with _____ weight. Avoid arching back.

Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

❑ Prone Hip Extension



- i. Place pillow under waist,
- ii. Keep affected knee bent.
- iii. Tighten buttock muscles to lift thigh up.

Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

❑ Double Legs Bridging



Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Keep both knees bent.
- ii. Tighten buttock muscles and raise buttock up.

❑ Single Leg Bridging



Picture 1



Picture 2

Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Bend affected knee.
- ii. The other leg may be either lifted up straight (picture 1) or crossed to rest on affected knee (picture 2).
- iii. Tighten buttock muscles and lift buttocks up.

□ Isometric Quads



Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Tighten muscles just above the affected knee.
- ii. Push knee down.

□ Inner Range Quads



Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Place towel roll or ball under affected knee.
- ii. Tighten muscles on front of thigh.
- iii. Straighten knee and lift heel up. Do with _____ weight.

□ Straight Leg Raise



Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Keep affected knee straight.
- ii. Raise foot about 20cm up.
- iii. Do with _____ weight.

□ Long Arc Quads



Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

- i. Start the exercise while seated.
- ii. Straighten affected knee fully.
- iii. Do with _____ weight.

❑ Wall Slide



- i. Place both feet away from the wall and lean your back against the wall.
- ii. Lower buttocks towards floor. Keep your back in contact with wall and knees behind toes.

Hold ___ seconds.

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day.

❑ Double / Single Heel Raise



Picture 1



Picture 2

Repeat ___ times.

Do ___ sets.

Do ___ sessions a day

- i. Stand on both legs (picture 1) or affected leg (picture 2) and hold onto a support.
- ii. Lift heel(s) and whole body up.

Medical Disclaimer: If you experience any moderate or severe pain before, during or after exercise(s), **DO NOT** continue. Seek medical advice from qualified healthcare professionals as necessary.

Clinic B1C Physiotherapy

TTSH Atrium / Podium Block, Level B1

Contact:

6357 7000 (Central Hotline),

6357 8000 (Non-Subsidised Appointment)



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