

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.

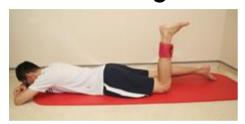
# ☐ Hip Adduction (Lying on Your Side)



- 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



Hold seconds.

Repeat \_\_\_\_ times.

Do sets.

Do sessions a day.

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

# ☐ Prone Hip Extension



Hold seconds.

Repeat \_\_\_\_ times.

Do \_\_\_ sets.

Do \_\_\_ sessions a day.

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

### ☐ 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





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



- 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





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.

<u>Medical Disclaimer:</u> 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

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