

## GENERAL KNEE/HIP STRENGTHENING PROGRAM

### Long Sitting Quad Set

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

#### Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

#### Movement

Straighten your leg, pushing your knee toward the floor and hold.

#### Tip

Make sure to keep your back straight during the exercise.

### Hooklying Short Arc Quad with Ankle Weight

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin lying on your back with one leg resting on a foam roller or small pillow and a weight secured around your ankle.

#### Movement

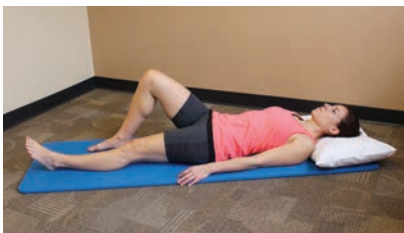
Tighten your thigh muscles and slowly raise your foot off the ground, straightening your knee, then relax and repeat.

#### Tip

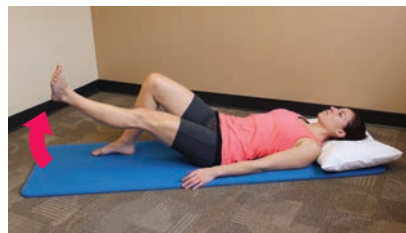
Make sure to keep your low back flat against the floor and do not let your leg rotate to either side.

### Straight Leg Raise with External Rotation

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by lying on your back with one knee bent and your other leg laying flat.

#### Movement

Slowly rotate your straight leg outward, then tighten your abdominal muscles and lift it until it is parallel with your other thigh.

#### Tip

Do not let your low back arch during the exercise.

## Sidelying Hip Abduction

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin by lying on your side.

### Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

### Tip

Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

## Prone Hip Extension

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin by lying on your stomach with both legs stretched straight behind you.

### Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

### Tip

Make sure to keep your knee straight and trunk steady during the exercise.

## Sidelying Hip Adduction

Reps: 10 Sets: 3 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin by lying on your side.

### Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

### Tip

Do not let your hips roll backward or forward during the exercise.

## Supine Bridge

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.