

## Hip and Knee Exercises



### Hip abductions

- Stand tall and hold onto something for support if needed.
- Whilst keeping your torso upright, take one leg directly out to the side, keeping your foot straight forwards.
- Then bring your leg directly back into your body and repeat.
- Do not twist your foot out to the side or lean over.



### Sit to stand

- Start sitting down on the chair, with your feet hip width apart and knees out.
- Lean slightly forwards, squeeze your leg muscles and without using your hands stand up straight.
- Bend your knees, make sure they do not come inwards and sit back down, and then repeat.



### Leg extensions

- Whilst sitting on a chair, squeeze your thigh muscles and lift one leg straight up out in front of you.
- Try to lift your thigh up off the chair, hold your leg up for a second and then slowly lower your leg back down to the floor and repeat.
- Try not to use your hands for height or lean down the chair.



### Step ups

- Standing in front of the step, step onto the step with one foot, bring your other leg through and upwards.
- Hold the position and then step back down with the same leg.
- Change to the opposite leg and repeat.



### Single leg balance

- Stand tall and hold onto something for support if needed.
- Then take one leg up off the ground.
- Hold this position for as long as possible without holding onto anything if able and then repeat with the opposite leg.



### Calf raises

- Stand tall with feet hip width apart.
- Hold on to something for support if needed.
- Then slowly lift up onto your tip toes.
- Pause and then slowly lower down to your heels and repeat.

### Static quads



- Start by sitting on a mat or a plinth.
- Place one leg out straight with your toes pointing up to the ceiling and place the other leg bent up at 90 degrees.
- With the straight leg, push your knee flat into the ground and contract the muscles at the front of the thigh.
- Hold this position for a few seconds, relax and repeat.
- You can place a rolled towel or bolster under your knee if needed.

### Straight leg raises



- Start by lying flat on your back on a mat or a plinth with your arms by your side.
- Bend one knee up and keep the other leg out straight.
- Keep your toes pointing up towards the ceiling and squeeze your quad muscle.
- Then slowly lift your leg up towards the ceiling, pause and then slowly take your leg back down to the floor and repeat.
- Remember to change legs.



### Bridging

- Start by lying flat on your back on a mat or a plinth with your arms resting by your side.
- Bend your knees up to 90 degrees, with your feet slightly apart and flat on the floor.
- Squeeze your hamstrings, glutes and core, and then slowly lift your hips up towards the ceiling.
- Then slowly take your hips downwards and repeat.



### Wall squat (can be done without a ball)

- Place the gym ball onto the wall and rest the ball onto your lower back.
- Lean into the ball and bring your feet out forwards hip width apart.
- Then slowly bend your knees down, aiming for 90 degrees, whilst keeping your torso upright.
- Keep your knees in line with your toes and feet flat on the floor.
- Then squeeze your glutes and return to standing and repeat.



### Quad stretch

- Stand tall and hold onto something for support if needed.
- Then take one lower leg up behind you and grab hold of your shoe laces, keeping your torso upright.
- Push your hips forward to feel the stretch further into your quads.



### Hamstring stretch

- Take one leg forwards in a small step with your feet flat on the floor.
- Whilst keeping your front leg straight bend your back leg down like you are sitting on a chair.
- Then lift your front leg toes up and take your torso down towards the floor.
- You can place both hands onto your bent knee for support.
- Hold for 15-30 seconds and then swap to the other leg.



### Calf stretch

- Stand tall and take a big step forward with one foot.
- Then bend your front knee slightly whilst keeping your feet flat on the floor and your knee in line with your ankle.
- Keep your back leg straight and your torso upright.