

Back Knee Strengtheners

Purpose

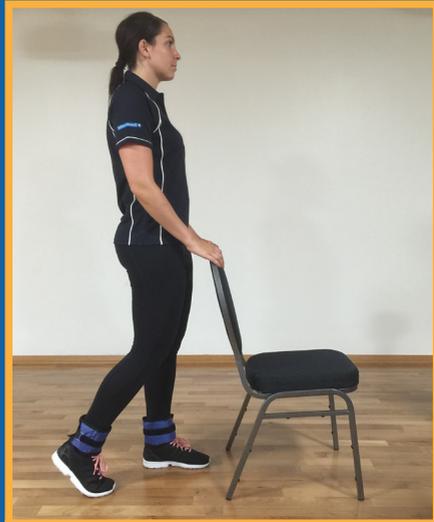
- This exercise will strengthen the hip bones and also the muscles at the back of the thigh. It will help with stair climbing and getting in and out of chairs.

Position

- Stand at the back of the chair, holding on for support.
- Keep knees and feet hip width distance apart.
- Keep knees soft throughout.

Action

- Brush the foot backwards along the floor until the knee is several inches behind the hip before lifting the heel towards the bottom.
- Keep the knee in line with the hip whilst drawing the heel towards the bottom.
- Lower the foot under control and place the weight back over both feet and rest briefly.
- Ensure the spine is neutral and the tummy muscles are pulled in.
- Avoid holding the breath; ensure breathing is regular.



Beginner Strength

Sets

Reps

Comments

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