

Front Knee Strengthener

Purpose

- This exercise helps to strengthen the muscles around the hip bones and stabilise the knee joint. This will help with walking and stair climbing.

Position

- Sit upright in the chair, back firm to back of chair.
- Keep knees and feet hip width distance apart.
- Position feet flat on floor.

Action

- When completing this exercise start with one leg, complete the reps and then change leg.
- Slide the foot back slightly.
- Ensuring the movement is slow and controlled gently raise leg.
- Ensure the leg is lengthened and the knee straightened, keep knee soft when lifting.
- Keep the spine neutral and tummy muscles pulled in.
- Avoid holding the breath.
- Ensure the thigh remains in contact with the chair.



Sets Reps

Comments

Contact us

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