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.

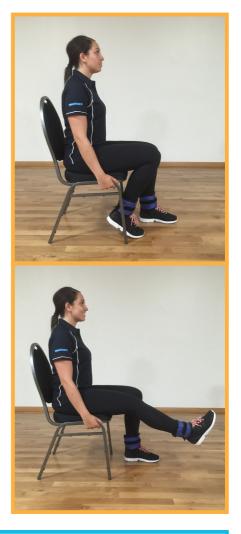
Position

- · Sit upright in the chair, back firm to back of chair.
- · Keep knees and feet hip width distance
- · 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	
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Comments











