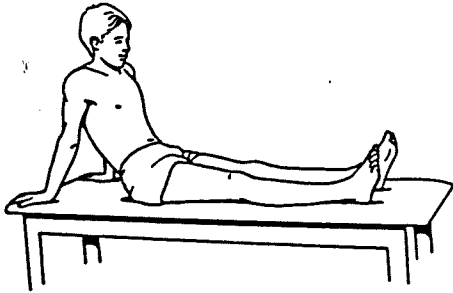


# Thigh Strengthening

## HIP and KNEE - 11 Strengthening: Quadriceps sets



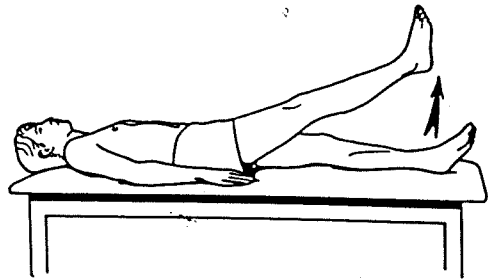
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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## HIP and KNEE - 17 Strengthening Straight Leg Raise Phase I



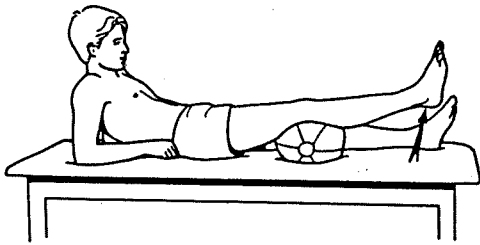
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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## HIP and KNEE - 23 Strengthening Terminal Knee Extension



With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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## HIP and KNEE - 25 Strengthening Wall Slides

Leaning on wall, slowly lower buttocks toward floor until your thighs are parallel to floor.

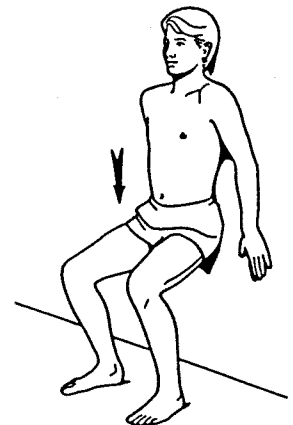
Hold \_\_\_\_\_ seconds.

Tighten thigh muscle as you return to starting position.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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## HIP and KNEE - 13 Strengthening: Hamstring sets



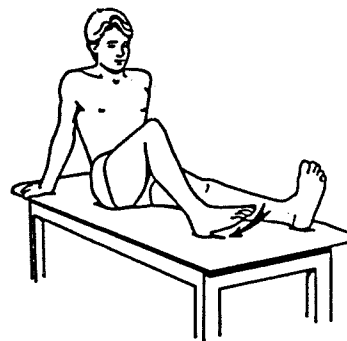
With foot turned outward, tighten muscles on back of thigh by pulling heel down into floor or table.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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## HIP and KNEE - 12 Strengthening: Hamstring sets



With foot turned inward, tighten muscles on back of thigh by pulling heel down into floor or table.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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