

Exercises to Strengthen Your Hip and Knee

If you prefer, the exercises done lying on the floor can also be done on a firm, sturdy table.

Do the exercises _____ times a day with the ☐ Right leg ☐ Left leg ☐ Both legs

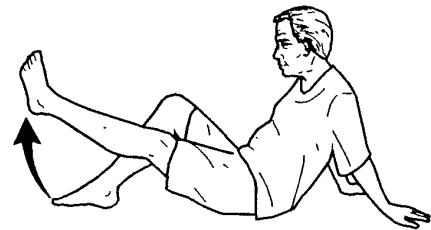
Repeat each exercise _____ times.

Hold each position for _____ seconds.

- ☐ Sit on the floor, resting back on your hands. Have your legs straight out in front of you. Bend one knee and rest that foot on the floor. The other leg should still be straight.

Lift your straight leg, keeping your knee straight. Raise your heel about 10 inches off the floor. Hold.

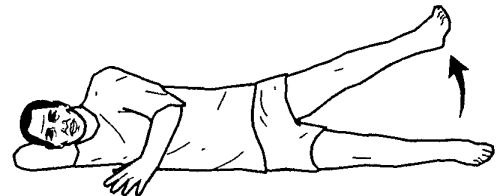
Lower your leg and relax. Repeat.



- ☐ Lie on your side with your one leg on top. Bend your arm closest to the floor to support your head. Use your other hand in front of your trunk for balance.

With legs straight, lift your top leg straight up to raise your heel about 10 inches off the floor.

Hold. Lower your leg and relax. Repeat.

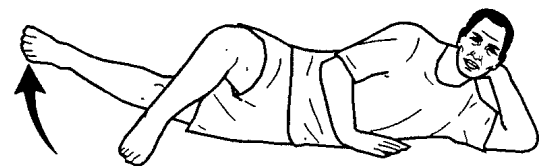


- ☐ Lie on your side with your leg straight. Use your arm near the floor to support your head. Use the other arm in front of your trunk for balance.

Bend the knee of the top leg and place the foot in front of the knee of the bottom leg.

Keeping your bottom leg straight, lift the leg to raise the ankle off the floor about 10 inches.

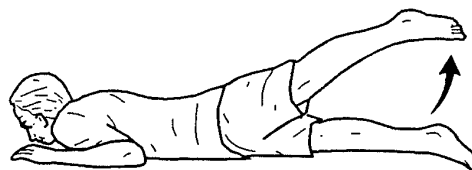
Hold. Lower your leg and relax. Repeat.



- ☐ Lie on your stomach with your hands up at your chin to support your head. Your legs should be out straight.

Lift your leg about 10 inches off the floor. Be sure to keep your knee straight.

Hold. Lower your leg and relax, then repeat.

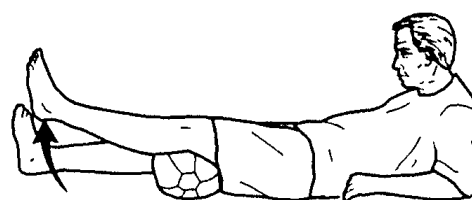


- ☐ Lie on your back on the floor with your legs out straight. Raise your upper body, using your elbows for support.

Use a round ball or a tube-shaped pillow under your knee.

Straighten your knee over the ball or pillow to raise your heel about 10 inches off the floor.

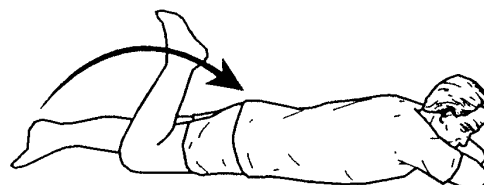
Hold. Bend your knee back down and relax. Repeat.



- ☐ Lie on your stomach with your legs straight. Cross your arms in front of your face and rest your chin.

Bend your knee to bring your heel toward your buttocks as far as you can.

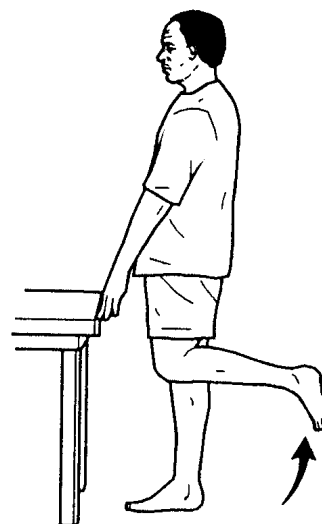
Hold. Straighten your knee and relax. Repeat.



- ☐ Stand with your hands on a table or sturdy chair for support.

Bend your knee up as far as you can.

Hold. Lower your foot to the floor and relax, then repeat.

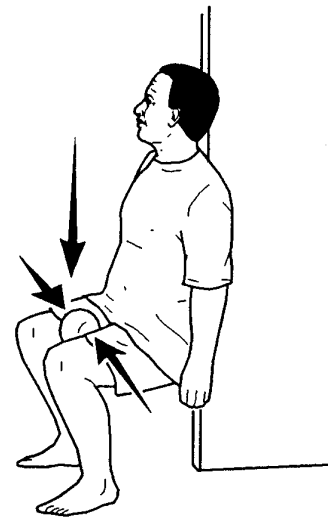


- ☐ Stand with your back, head and shoulders against the wall. Your feet should be out in front of you and more than shoulder width apart for balance.

Place a towel roll or a small ball between your legs just above your knees.

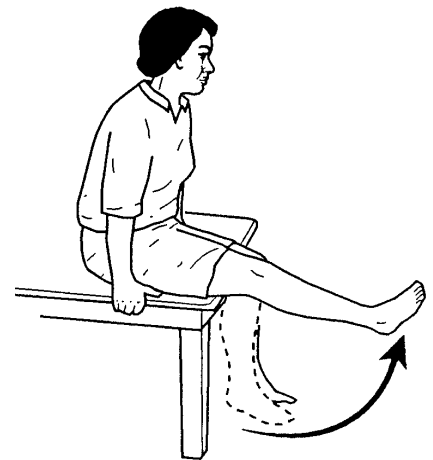
Slide against the wall to lower your buttocks into a sitting position. Squeeze the towel or ball as you go down.

Hold, then push back up. Relax and repeat.



- ☐ Sit on the side of your bed, table or firm chair. Raise your foot until the knee is straight.

Hold. Slowly lower your foot and relax. Repeat.



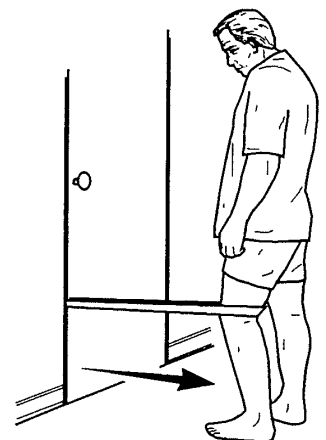
- ☐ Use an exercise band or tubing for this exercise.

Secure the band to the doorway or post so it is about knee high.

Stand with the band around your knee. Your knee should be bent.

Straighten your knee and you will feel the band pull.

Hold. Bend your knee and repeat.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.