



Bloomsbury Osteopathy

# Knee and Leg Exercises

## Quadriceps (and Gluteals) Strengthening Exercise

### LEGS09

#### Function

To increase the strength of the muscles at the front of the thigh to improve stability at the knee and hip joints.

#### Method

##### Starting Position:

Stand upright in front of a step/low bench, with feet comfortably apart. You should be no further than a few inches from the step. If necessary hold onto a support.

##### Action:

Slowly and in a controlled manner, step up. Straighten the knee completely once the other foot is planted on the step. Engage the abdominal muscles throughout the step up. Repeat on the other side.

#### Notes:

As your rehabilitation progresses, your osteopath may encourage you to hold weights in your hands to further challenge your thigh muscles. Set and repetitions to be determined by your osteopath. Squats are another great way of strengthening the quadriceps, and may be done using only your bodyweight.

All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

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STRENGTHENING OF QUADRICEPS AND GLUTEAL MUSCLES  
(LEGS09)

