



Bloomsbury Osteopathy

Knee Exercises

Hamstring and Gluteal Strengthening Exercise

LEGS21

Function

To improve power, strength and support of the gluteus (buttock) muscles and the hamstrings. Also strengthens the muscles of the lumbar spine.

Method

Starting Position:

Lie on your back on the floor with legs straight. Arms should be slightly out to the side with palms down for support during the exercise.

Action:

Bend the knee of the affected leg to about 90° and place the foot firmly on the floor. With the power of this leg raise your whole pelvis and lower back off the floor. Keep the other leg suspended and don't let it contact the floor. Hold for 5-10 seconds, relax and repeat with the other leg. Whilst exhaling fully tighten the abdominal and pelvic muscles.

Notes:

It is important to engage your 'core' abdominal muscles throughout this exercise to support the lower back and stabilise the pelvis.

A similar variation of this exercise can be done using both legs at the same time over a Swiss ball.

The sets and repetitions are to be determined by your osteopath.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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