



**Bloomsbury Osteopathy**

# Hip and Leg Exercises

## Quadriceps Strengthening Exercise

### LEGS11

#### Function:

To increase the strength of the muscles at the front of the thigh –the quadriceps - to help 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.

##### Action:

Slowly and in a controlled manner, step up. Straighten the knee completely once the foot is planted and place the other foot alongside once the step up is complete. 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  
(LEGS11)

