



مدينة الملك فهد الطبية
King Fahad Medical City



Hip and knee exercises

Hip and knee flexion

Goal:

To strengthen the muscles which bend the thigh and the leg and shorten the lower extremity.

Procedure:

- 1. Lie on your back while keeping both lower extremities straight.**
- 2. Bend your knee and feel the contraction of the muscle.**
- 3. Try to hold this position for 5 seconds with contraction of the muscle and strain it.**
- 4. Return to the starting position, keeping the knee straight.**



Notes:

- 1. Do not do the exercises unless advised by your doctor.**
- 2. Repetitions of each exercise depend on your tolerance and condition, usually between 30-50 times.**
- 3. If you feel any pain while doing the exercises, stop it and discuss with your doctor.**

Supine hip abduction

Goal:

To strengthen your thigh abductors.

Procedure:

1. While lying in bed, point your toes toward the ceiling and maintain that position.
2. You may either place a towel under your heel or elevate your leg off the table.
3. Next, kick your leg out to your side.



Hip abduction

Goal:

To strengthen the muscles on the outer side of the thigh. Mostly used with knee arthritis patients and other conditions in the knee joint.

Procedure:

- 1. Lie on the opposite side of the exercised limb.**
- 2. Extend your knee fully and move it towards the ceiling.**
- 3. Make sure that the limb is parallel to the wall, return to starting position slowly.**



Notes:

- 1. Do not do the exercises unless advised by your doctor.**
- 2. Repetitions of each exercise depend on your tolerance and condition, usually between 30-50 times.**
- 3. If you feel any pain while doing the exercises, stop and ask your doctor.**

Hip extension from prone

Goal:

To strengthen the buttock muscles, which extend the thigh and assist in activities, which includes rising from a low position, such as getting up from chairs.

Procedure:

- 1. The patient is lying on stomach while keeping both arms beside the body.**
- 2. Raise your lower extremity up as much as you can.**
- 3. Try to hold this position for 5 seconds then return to the starting position.**



Notes

- 1. Do not do the exercises unless advised by your doctor.**
- 2. Repetitions of each exercise depend on your tolerance and condition, usually between 30-50 times.**
- 3. If you feel any pain while doing the exercises, stop and ask your doctor.**

Hip flexion from sitting

Goal:

To strengthen specific fibers of the hip flexors (muscles anterior of the hip joint).

Procedure:

- 1. Sit on the edge of the bed or a high chair.**
- 2. Raise your knee towards the ceiling (chest) as much as you can, hold for 5 -10 seconds, then go back to starting position.**



Notes:

- 1. Do not do the exercises unless advised by your doctor.**
- 2. Repetitions of each exercise depend on your tolerance and condition, usually between 30-50 times.**
- 3. If you feel any pain while doing the exercises, stop and ask your doctor.**

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Home care allied health department



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