

Hip flexor strengthening in supine

Client`s aim

To strengthen the muscles at the front of your hip.

Client`s instructions

Position yourself lying on your back. Start with your knee straight. Finish with your knee bent. Ensure that you slide your foot along the bed.



Perform 3 sets of 10 reps.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

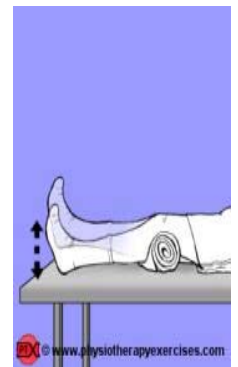
Knee extensor strengthening in supine without weights

Client`s aim

To strengthen the muscles at the front of your thigh.

Client`s instructions

Position yourself lying on your back with a rolled towel under your knee. Start with your knee bent. Finish with your knee straight.



Perform 3 sets of 10 reps.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Bridging

Client`s aim

To strengthen the muscles at the back of your hip.

Client`s instructions

Position yourself lying on your back with your knees bent. Lift your bottom off the bed.



Perform 3 sets of 10 reps.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

This booklet was created using software freely available at www.physiotherapyexercises.com