



Bloomsbury Osteopathy

Hip and Leg Exercises

Hip Flexor Strengthening Exercise, the quadriceps and psoas muscles **HIPS01**

Function:

To improve the power and health of the muscles located at the front of the hip joint and to improve stability at the hip joint. These are the quadriceps and psoas muscles.

Method:

Starting Position:

Lie on your back on a flat surface with arms by your side. Bend one knee and slide the foot up close to the buttock.

Action:

Tighten your abdominal/core muscles. Slowly and in a controlled manner lift the straight leg off the floor up to roughly 45° then slowly return to the starting position.

Notes:

As your rehabilitation progresses your osteopath may advise you to further challenge these muscles by keeping the leg at end of range for a specified amount of time before returning to the starting position. An ankle weight may also be used to increase the effort level.

STRENGTHENING OF THE QUADRICEPS MUSCLES
(LEGS02)

