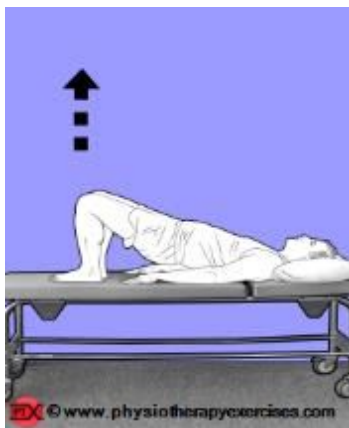


www.physiotherapyexercises.com

Exercise Booklet

Bridging to end of range

**Therapist`s aim**

To strengthen the hip extensors.

Client`s aim

To strengthen your hip muscles.

Therapist`s instructions

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

Client`s instructions

Position yourself lying on your back with your knees bent. Tighten the muscles in your bottom and lift your bottom off the bed.

Dynamic knee control with hip extension

**Therapist`s aim**

To strengthen the leg extensors.

Client`s aim

To strengthen the muscles that straighten your leg.

Therapist`s instructions

Position the patient in standing. Instruct the patient to slide their unaffected leg back and forwards. Ensure that both feet point forwards and the weight is on front leg. Ensure the front knee flexes in line with the foot and they keep their pelvis level.

Client`s instructions

Position yourself standing. Practice sliding back and forwards with your unaffected leg. Ensure that both feet point forwards and the weight is mostly on the front leg. Ensure your front knee bends in line with the foot and you keep your pelvis level.

Progressions and variations

Less advanced: 1. Slide shorter distance. 2. Provide hand support for balance. More advanced: 1. Slide larger distance. 2. Add theraband.

Hip external rotator strengthening standing beside a wall



Therapist`s aim

To strengthen the hip external rotators.

Client`s aim

To strengthen the muscles at the outside of your hip.

Therapist`s instructions

Position the patient in standing, 45 degrees facing the wall. Instruct the patient to flex the inside hip and knee to 45 degrees. Instruct the patient to press their leg into the wall and to contract the hip external rotators. Ensure to keep the back straight.

Client`s instructions

Position yourself standing 45 degrees facing the wall. Slightly bend your inside leg and rest your knee on the wall. Ensure to keep your back straight and activate the muscles in your buttocks.

Stepping sideways off a step



Therapist`s aim

To strengthen your quadriceps and hip abductors.

Client`s aim

To strengthen your thigh and hip muscles.

Therapist`s instructions

Position the patient on a step. Instruct the patient to keep one leg on the step and have one leg off the side of the step. Instruct the patient to bend the knee on the step and slowly lower the other leg to the floor. Ensure that the knee remains in line with the centre of the step and that the pelvis remains level.

Client`s instructions

Position yourself on a step. Keep one leg on the step and have one leg off the side of the step. Bend the knee on the step and slowly lower the other leg to the floor. Ensure your knee remains in line with the centre of your foot and your pelvis remains level.

Sit to stand from chair with arms crossed



Therapist`s aim

To strengthen the leg extensors.

Client`s aim

To strengthen the muscles that straighten your legs.

Therapist`s instructions

Position the patient sitting on a chair with their arms crossed and feet shoulder width apart. Instruct the patient to stand up and sit down slowly on the chair. Ensure the shoulders move forward while moving between sitting and standing and that weight is borne equally through both legs.

Client`s instructions






Position yourself sitting on a chair with your arms crossed and feet shoulder width apart. Bring your shoulders forwards and stand up. Stick your bottom back and return to sitting.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Lower the height of the chair. 2. Perform slowly.

Precautions

Place the chair against a wall.

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