

# Knee extension and hip flexion (seated)

## Supported or unsupported, with or without added weights

This exercise will strengthen the muscles which bring your knee up to your chest and those that straighten the knee.

### Instructions:

1. Sit upright in a chair. Ensure good posture, with both knees bent, feet flat on the floor.
2. Raise one foot and extend the leg so the knee is straight but not locked.
3. Flex your ankle and point the toes upwards towards the ceiling. Hold for a moment.
4. Lower the leg to the starting position, and repeat 5-10 times.
5. Repeat with your other leg.



### Tips to help you get the movement right:

- Do not bend at the waist. Keep upright.
- You can use a chair with or without a supportive back and arms, and use what you need to feel steady.
- You can add weights to your ankles to increase the difficulty of this exercise.

## CONTACT US

**Email:** [support@liveup.org.au](mailto:support@liveup.org.au) **Phone:** 1800 951 971

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