

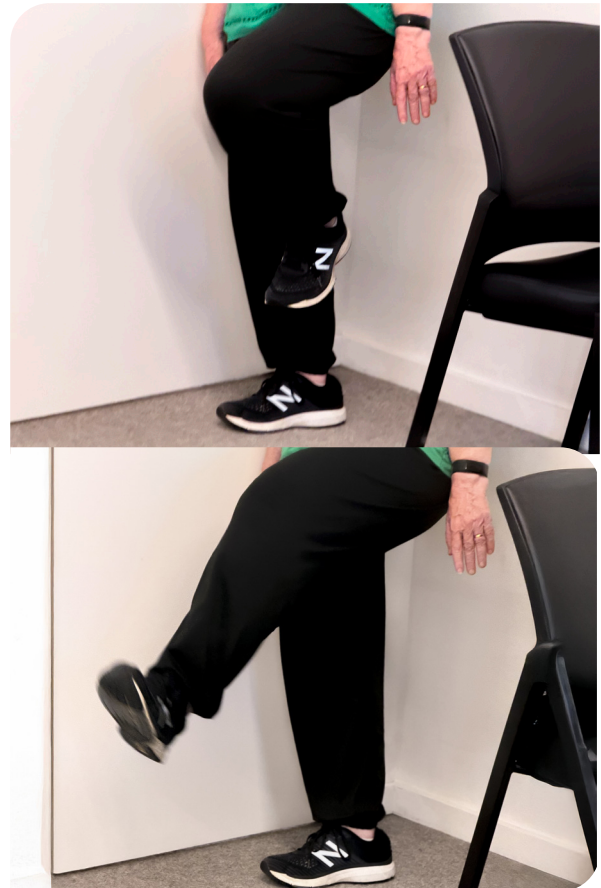
# Knee extension and hip flexion (standing)

## 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. Stand upright.
2. Raise one knee upwards towards your chest (90-degree hip/knee angle), then extend the leg forward.
3. Slowly lower your knee again to the starting position, and repeat 5-10 times.
4. Do the same for your other leg.
5. Add ankle weights to increase resistance.



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

- Do not bend at the waist. Keep upright.
- If you are unsteady, hold onto a chair or railing for support.
- As balance improves, you can let go of the chair or reduce support to fingertips. Keep support near in case you need to reach for it.

## CONTACT US

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