4 Sets / 15 Reps / 5 s hold



1. Isometric glutes in supine

Lie on your back with your legs straight. Cliench your buttocks together and hold this position. Relax and then repeat.

4 Sets / 15 Rieps / 5 s hold



2. Supine isometric knee extension

Sit upright and clench your thigh muscles, pushing the back of your knee into the bed so your leg straightens. Relax and repeat.

4 Sets / 15 Reps / 5 a hold



3. Isometric hamstring in sitting

Sit in a chair with your legs bent.

Place your good leg behind the call of your affected leg.

Try to bend your affected leg, whilst resisting the movement with your other leg.

4 Sets / 15 Reps / 5 s hold



4. AAROM knee flexion in sit

Sit in a chair and bend your affected knee back as far as you can. Place the ankle of your good leg over the front of your affected leg and use it to bend your knee back further.

Hold this position.

Lower Extremity Strengthening Exercises In Supine

IM Harris

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