

Lie on your back with your affected leg straight and supported.

Place a small rolled towel under your knee if comfortable.

Tighten your thigh muscle by gently pressing the back of your knee down toward the floor or towel.

Hold the contraction for 5–10 seconds.

Relax and repeat 10–15 times for 2–3 sets.



Lie on your back with one knee bent and the other leg straight.
Tighten the thigh muscle of the straight leg.



Slowly lift the straight leg until it is about the same height as the opposite knee.
Hold for 2–3 seconds.
Slowly lower the leg back down.



Sit on a sturdy chair with your feet flat on the floor and knees about hip-width apart. Lean your upper body slightly forward.



Push through your feet and slowly stand up. Pause briefly while standing upright. Slowly lower yourself back into the chair with control.





Sit on the edge of a sturdy chair with one leg extended forward and your heel resting on the floor.
Keep your back straight and gently lean forward from your hips.
Reach toward your ankle until you feel a comfortable stretch along the back of your thigh.
Hold for 15–30 seconds, then relax.
Repeat 2–3 times on each leg.



Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
Keep your arms relaxed by your sides.
Tighten your abdominal and glute muscles.



Slowly lift your hips toward the ceiling until your body forms a comfortable straight line from your shoulders to your knees.
Hold for 2–3 seconds.
Slowly lower your hips back to the floor.

