



**EXERCISE 7: Hamstring muscles:**

Lie on your front, keep your back straight. The knees should be relaxed on the floor then slowly bend one of your knees before feeling a stretch then slowly go back down. Repeat 3-5 times. Do the same with the other leg.

**RESISTIVE BAND EXERCISES FOR THE THIGH MUSCLES**

Start these exercises by making a loop of a resistive band around a stable pole or a chair. Hold on to a chair for support. Place one of your legs inside the loop. Repeat on both legs.



**STRENGTHENING 1:  
Abductors**

Stand with the right leg in the loop of the resistive band. Pull your leg outwards while keeping the knee straight. Hold for 10 seconds, repeat 3-5 times.



**STRENGTHENING 2:  
Hamstrings**

After the strengthening 1, turn to your left, then pull the band backwards keeping the knee straight. Hold for 10 seconds, repeat 3-5 times.



**STRENGTHENING 3:  
Adductors**

After the strengthening 2, again turn to your left, pull the band inwards keeping the knee straight. Hold for 10 seconds, repeat 3-5 times.



**STRENGTHENING 4:  
Quadriceps**

Next, turn to your left, then pull the band forwards, keeping the knee straight. Hold for 10 seconds, repeat 3-5 times.



**STRENGTHENING 5:  
Hip flexors**

Sit on a chair, band around the knee. Lift your knee off the chair, hold for 10 seconds, repeat 3-5 times.



**STRENGTHENING 6:  
front thigh**

Next, lower the band down to the ankle level, straighten up your knee, hold for 10 seconds, repeat 3-5 times.

**FLEXIBILITY EXERCISES FOR THE THIGH MUSCLES**

Remember that stretching of the muscles should never reach the point of pain, as this will be destructive to the muscle fibers and would cause muscle strain. Hold the position for few seconds, stretch slowly and avoid bouncing. Exercises 1a, 1b and 1c are three different positions to stretch the front of the thigh.



**STRETCHING 1a**

On your front, bend your left knee until your left hand can grasp it by the ankle. Hold for 10 seconds, repeat 3-5 times, then. Repeat with the other leg.



**STRETCHING 1b**

Lie on your right side, bend your left knee, grasp your left ankle with the left hand. Hold for 10 seconds then repeat 3-5 times. Repeat with the other leg.



**STRETCHING 1c**

Stand and put your left palm flat on the wall for support. Bend your right knee, grasp your right ankle with the right hand. Hold for 10 seconds then repeat 3-5 times. Repeat with the other leg.

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## FLEXIBILITY EXERCISES FOR THE THIGH MUSCLES



**HAMSTRINGS AND BACK OF THE THIGH:** Place your Left leg on top of a chair. Keep knee straight, then bend your trunk from the waist. Keep your back straight. Hold for 10 seconds, repeat 3-5 times then repeat with the other leg.



### LATERAL THIGH AND BUTTOCKS:

Cross your left leg over the right. Right elbow over the right knee, then turn your trunk to the left. Hold for 10 seconds then repeat 3-5



### STRETCHING OF THE INNER THIGHS:

Bend both knees, place your right ankle on top of the left knee push gently with your right hand until you feel a mild stretch on the inner thighs. Hold for 10 seconds then repeat 3-5 times. Do on the other leg.



### STRETCHING OF THE ILIOPSOSAS MUSCLES (Hip flexors):

Bend one knee in front and the other leg stretched backwards, then gently lean forward over your knee in front until you feel a mild stretch on the front hip. Hold for 10 seconds then repeat 3-5 times. Do on the other leg.

## STRENGTHENING EXERCISES FOR THE MUSCLES OF THE THIGH



### EXERCISE 1:

Sit on a bed or on a floor, keep one leg straight and the other bent. Place a rolled towel under the straight knee. Tighten the front thigh muscles of the straight leg while pushing on the rolled towel. Hold for 10 seconds, repeat 3-5 times then do the same on the other leg.



### EXERCISE 2:

Hold on to a chair for support, keep your back straight, feet apart then slowly bend both knees not reaching past your toes. Hold for 10 seconds, repeat for 3-5 times. Repeat with the other leg.



### EXERCISE 3:

Hold on to a chair for support, one leg straight and the other slightly bent. Bend the straight leg slowly not reaching past the toes, hold for 10 seconds then repeat 3-5 times. Do the same on the other leg.



### EXERCISE 4:

Sit on a chair, lift your lower leg up until the knee is straight, keep your ankle pointed upwards, hold for 10 seconds then repeat 3-5 times. Repeat with the other leg.



### EXERCISE 5: Abductors/Lateral thigh

Lie on your right side, bend the right knee, lift your left leg off the floor, keeping the knee straight. Hold for 10 seconds, do 3-5 times. Repeat with the other side.



### EXERCISE 6: Adductor/ inner thighs

Lie on the left side, place your right ankle on top of a chair. Lift the left leg up. Hold for 10 seconds, do 3-5 times. Repeat with the other side.