

# Lower Extremity Stabilization

## Standing - Small Knee Bend

Place feet hip width apart, looking into a mirror. Stand with equal pressure over great toe and heel. Bend at the knees and hip as if doing a wall sit, keeping heels on the ground. The pelvis should not rotate. Knee should bend over the space between 1st & 2nd toe. Do the exercise slowly trying to maintain this correct knee position the whole time while doing the exercise. Bend the knee only as far as you have control of good motion. (perfect practice makes perfect)

- Use good supportive shoes
- The exercise is to train the proper muscles to contract while doing the motion slowly and in perfect form.
- Use a mirror to monitor motion (vs trying to look down)
- Advance to single leg small knee bend. Place the other leg behind you for support.

## Standing - Small Knee Bend With Knee Swing

Same set up as first exercise. Make sure that your weight is placed equally over the great toe and heel on both sides. Stand up right (don't bend forward a waist). Swing both knees to the right and to the left. Initially do against the wall. Then step away from the wall and compare the motion (it should be the same).

- \*There should be no motion in the lumbar/pelvic area. (this is a hip motion exercise). Knee rotation should go only as far as there is not pelvic/lumbar motion.
- The feet should remain flat on the ground. Those people with chronic ankle sprains will want to invert their foot to compensate for motion. Make sure that this doesn't happen. Keep great toe on the ground.

Alternatively, may do this in a lunge position (same motion) one leg at a time. 2/3 of wgt on front leg and 1/3 on rear leg.

**Remember, keep your neck in good alignment - neck pulled in with a slight chin tuck, versus sticking your chin out.**

## Hip Stabilization - Sit to Stand Psoas Exercise.

Stand with your calves against a chair. Bend at the waist/hip and into a forward position with your arms in front of you (your buttocks will be sticking out behind you). Maintaining your calves against the front of the chair slowly sit into it, don't fall into it. Remember, pull in on your psoas instead of using your quads. Stand up

by bending forward at the waist, getting your balance over your feet. Reach towards the opposite side of the room and stand up without rocking. Keep your calf against the chair the whole time.

An alternative progression to this exercise is the same exercise with one leg in front of you on a telephone book.

## Lying on Side- Clam Exercise for Gluteus Medius

Lie on your side with the hips and shoulders stacked on top of each other. Bend your knees and hips to prevent yourself from rolling over. Maintain neutral spine by holding your waist off the ground. Keep your ankles touching (together). Open your upper knee, like a clam. Do the exercise slowly. You should feel a burn on the upper outer portion of your buttocks.

## Lying on Side- Lateral Straight Leg Raise for Gluteus Medius.

Lie on your side with your hips and shoulders stacked on top of each other. Bend your bottom leg for stability. Keep the top leg in alignment with the shoulders and hips. Push your heels away from you, as if you are stretching yourself longer. Raise the top leg 2-4 inches with the fulcrum immediately above the hip. You should feel a burn into the upper outer buttocks. If you don't feel the exercise in your buttock, drop your leg a little behind you and try again. Remember, do not arch your back.

## Standing- Lunge for the Gluteus Medius

Spread your legs apart, one leg in front of the other. Keeping your back erect, bend your back leg at the knee and touch it to the ground. The front leg is for stability only. The front knee should not move forward. Use your upper outer buttock muscles to help you back up. Knee position is key here. Go only so far as you don't have pain. Maintain your knee caps looking straight ahead. Don't let your knees move toward the midline.

**CONTACT HEALTH & WELLNESS IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.**



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