

How can you strengthen thigh muscles at home?

March 1 2007

Strengthening thigh muscles is one way of minimizing your chances of knee injury, says Mike Hahn, a Montana State University biomechanics researcher.

Strengthening the front-thigh muscles is fairly easy -- climbing stairs or repeatedly getting up out of a chair would both strengthen the muscle group known as the quadriceps.

To strengthen the muscles in the back of the thigh, Hahn says that a stretchy band, such as those sold at pharmacies or gyms, can be helpful. Choosing the band with the right amount of resistance may require trying a couple of straps. The leg muscles are some of the strongest muscles in the body, so a fairly strong band may be necessary.

Attach the band behind the leg of a heavy piece of furniture. Face the furniture. Thread one ankle into the band. Stabilize the pelvis by sitting upright in a chair. Pull the heel underneath the seat, hold for 5 seconds, then relax. Repeat 10-20 times. Switch legs. Slowly work up to a higher number of repetitions or more sessions per day. Increasing the intensity too quickly will make you overly sore, leading to the loss of a good habit.

Source: Montana State University

Citation: How can you strengthen thigh muscles at home? (2007, March 1) retrieved 26 April

2024 from <https://medicalxpress.com/news/2007-03-thigh-muscles-home.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.