

How to Do Straight-Leg Raises

This exercise strengthens the muscles in the front of your thighs and hips. Here's how to do straight-leg raises.

Lie on the floor or on a firm bed with one leg straight. Your other leg should be bent, with your foot flat on the floor. Tighten the thigh muscles in the leg that is extended by pressing the back of your knee flat down toward the floor.

Hold your knee as straight as you can. Keep your thigh muscles tight and your leg straight. Then raise your leg up until it is even with your other thigh.

Hold this position for about 6 seconds. And then slowly lower your leg. Do this exercise 8 to 12 times on one side.

Then, switch legs and do the exercise 8 to 12 times on the other side. If you want, you can relax for up to 10 seconds between each repetition.

Some soreness or discomfort may be expected...but stop doing an exercise if you have increased pain.