

# How can you strengthen thigh muscles at home?

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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

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