



## Hip Lateral Rotation — Side-Lying Position (Figures A-C)

- Purposes:**
- To improve the performance of the hip lateral rotator muscles
  - To move the hip without moving the pelvis
  - To improve the isometric performance of the lateral abdominal muscles

**Starting position:** Lay on the side with bottom hip and knee bent. Rotate your pelvis slightly forward. Bend your top hip and knee and rest on the bottom leg or on a pillow. Place hand on your pelvis.

Perform variation if box is checked

**Method:**  Place a pillow between your knees or ankles  
 Rotate your top leg so that your knee turns upward  
 Move in hip joint only  
 Do not let your pelvis rotate

**Repetitions:** \_\_\_\_\_