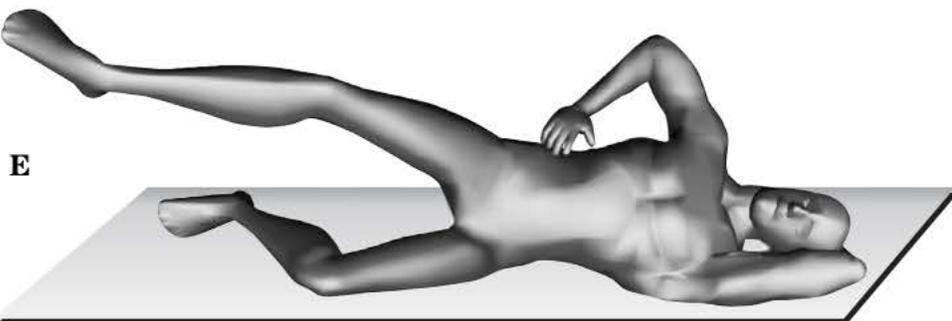
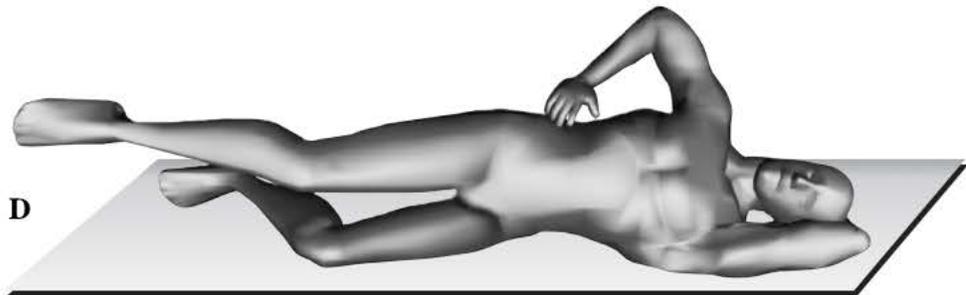
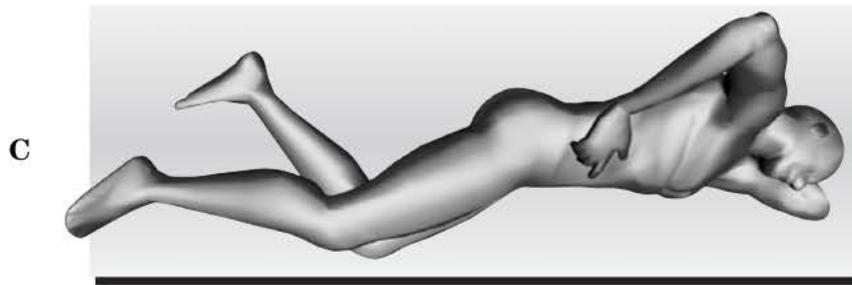
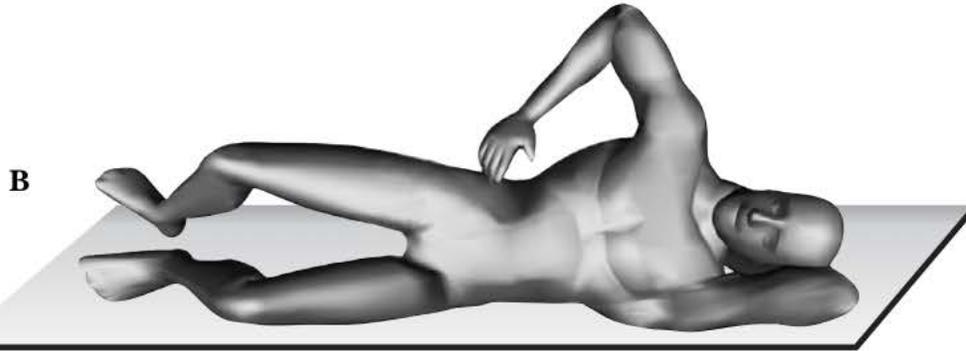
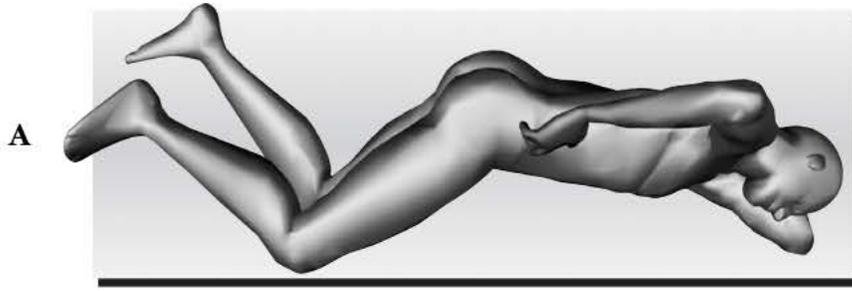


Hip Abduction With and Without Lateral Rotation — Side-Lying Position (Figures A-H)



- Purposes:**
- To improve the performance of the hip abductor muscles
 - To stretch the hip abductor muscles (tensor fascia lata–iliotibial band)
 - To improve the isometric performance of the lateral abdominal muscles
 - To move in the hip joint without movement of the pelvis

Starting position: Bottom hip and knee is bent while lying on the side. The pelvis is rotated slightly forward. The hand can be on pelvis or on the area of the gluteus medius muscle.

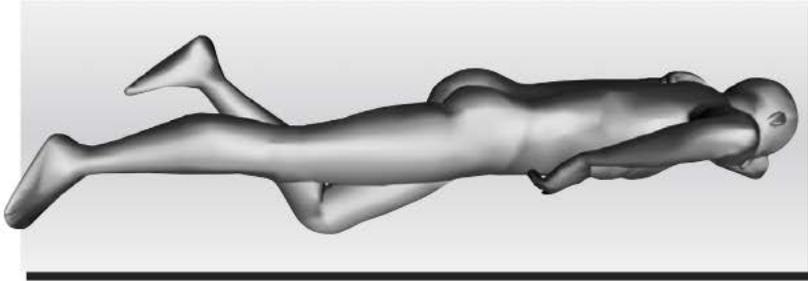
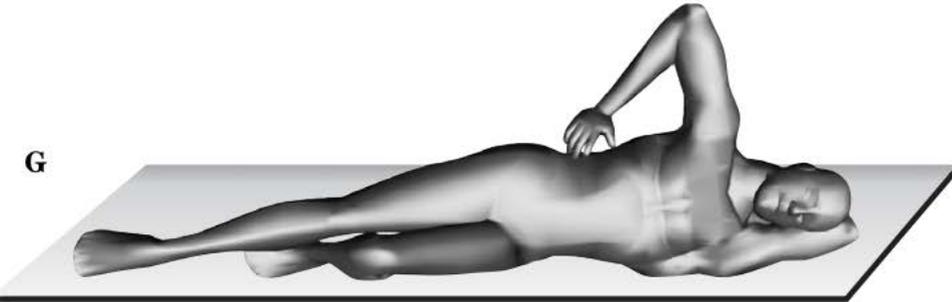
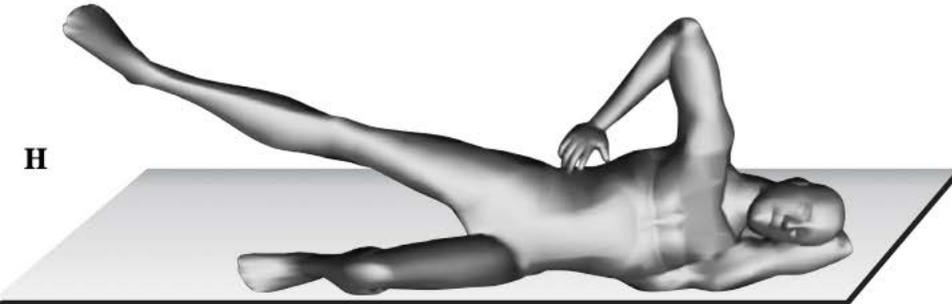
Perform variation if box is checked

Level 1: Hip abduction with lateral rotation (see Figures A-B)

- Method:** Bend your top hip and knee about 45 degrees
Slightly rotate knee so knee cap is pointing slightly upward; lift your thigh at hip joint
- Place pillow between your knees
 - Place a folded towel under your waist
 - Place your hands on pelvis to keep your pelvis from moving
 - Place your fingers on gluteus medius muscle
- Do not lift high
Do not push down with your bottom leg
Lower your leg to the starting position

Level 2: Hip abduction with lateral rotation (see Figures C-E)

- Method:** Slightly bend hip and knee of top leg
Slightly rotate your top leg so knee is pointing slightly upward while lifting your thigh at hip joint up and back
- Place a pillow between your knees
 - Place a folded towel under your waist
 - Place your hand on your pelvis to monitor for movement
 - Place your fingers on your gluteus medius muscle
- Do not let your pelvis tilt
Do not push down with your bottom leg
Lower your leg to the starting position

F**G****H**

Level 3: Hip abduction (see Figures F-H)

- Method:** Straighten hip and knee
- Place your hand on your pelvis to monitor for movement
 - Place your fingers on the gluteus medius muscle, keeping your hip back; lift your leg upward toward the ceiling
- Do not lift your leg high
 Do not let your knee turn inward
 Do not let your pelvis tilt
 Do not push down with your bottom leg
 Lower your leg to the starting position

Tensor fascia lata–iliotibial band stretch

(see Figures F-G)

- Method:** Place your hand on your pelvis to monitor for movement
- Position your leg slightly forward
 Straighten your knee; turn it up slightly
 Lift your leg upward toward the ceiling
 Bring your leg backward, moving at hip so that the leg is slightly behind the body
 Do not allow your pelvis to move or your back to arch when bringing the hip back
 Lower your leg toward the table
 Do not let your pelvis move
 If your leg does not lower 15 degrees below level of hip joint, relax the hip muscles except for those used to keep your leg turned up; allow your leg to hang for 15 to 20 seconds
 Relax your leg and repeat the movements

Repetitions: _____