

## Hip Adduction for Strengthening— Side-Lying Position

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- Purposes:**
- To improve the performance of the hip adductor (inner thigh) muscles
  - To stretch the hip abductor muscles

**Starting position:** Lay on the side of the leg that is to be exercised. Straighten hip and knee. Hold your pelvis and trunk perpendicular to the supporting surface. Rotate the top leg at the hip; your knee is bent so your foot is on the floor in front of your bottom leg. Place the hand of your arm on top of your body on the floor to stabilize your trunk.



**Method:**  Perform variation if box is checked

Keep your knee straight and knee cap pointing straight ahead

Lift your bottom leg up toward the top leg

- Straighten your hip and knee of the top leg; hold it up parallel to the bottom leg; bring your bottom leg up to meet your top leg

Return your bottom leg to the starting position

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