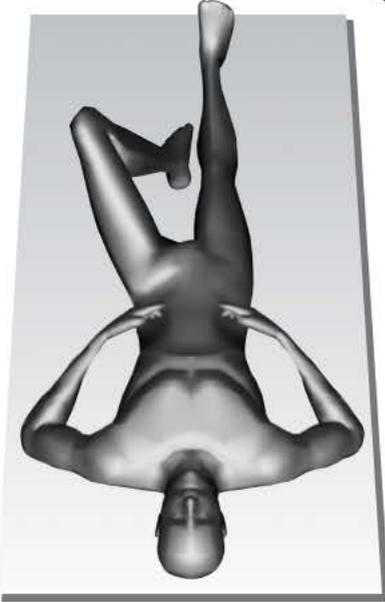
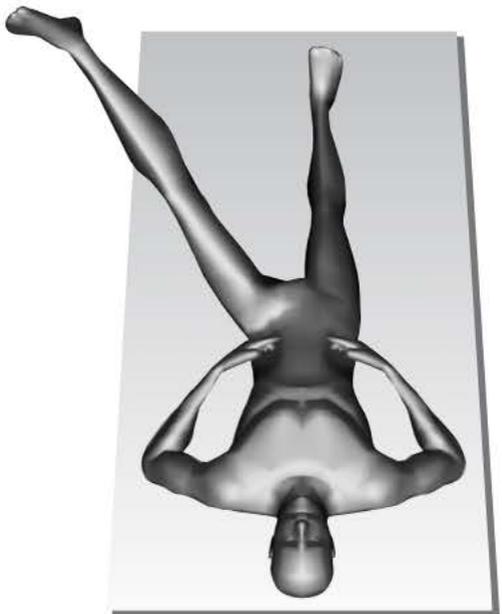


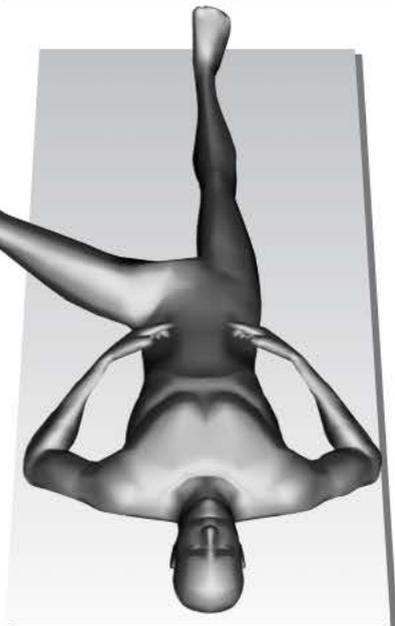
A



B



C



D

**Hip Abduction — Lateral Rotation From Flexion Position: Knee Extended (Figures A-D)**

- Purposes:**
- To improve the isometric performance of the abdominal muscles, controlling rotation of the pelvis
  - To move leg without movement of pelvis or spine

**Starting position:** Place your hands on your pelvis. Straighten one leg. Bend one hip and knee with your foot on floor.

**Level 2 (Difficult)**

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

Contract your abdominal muscles by “pulling your navel toward your spine”

Let your knee move away from your body (see Figure B)

From that position, straighten your knee (see Figure C)

Try not to push down with your non-moving leg

- Bend your knee
- Return to the starting position
- Repeat straightening and bending your knee while maintaining this position of your leg \_\_\_\_\_ times
- Return to the starting position
- Repeat as above
- Straighten your knee, keep your knee straight, and bring your leg toward opposite shoulder by moving at hip (see Figure D)

Repeat the movement with your alternate leg