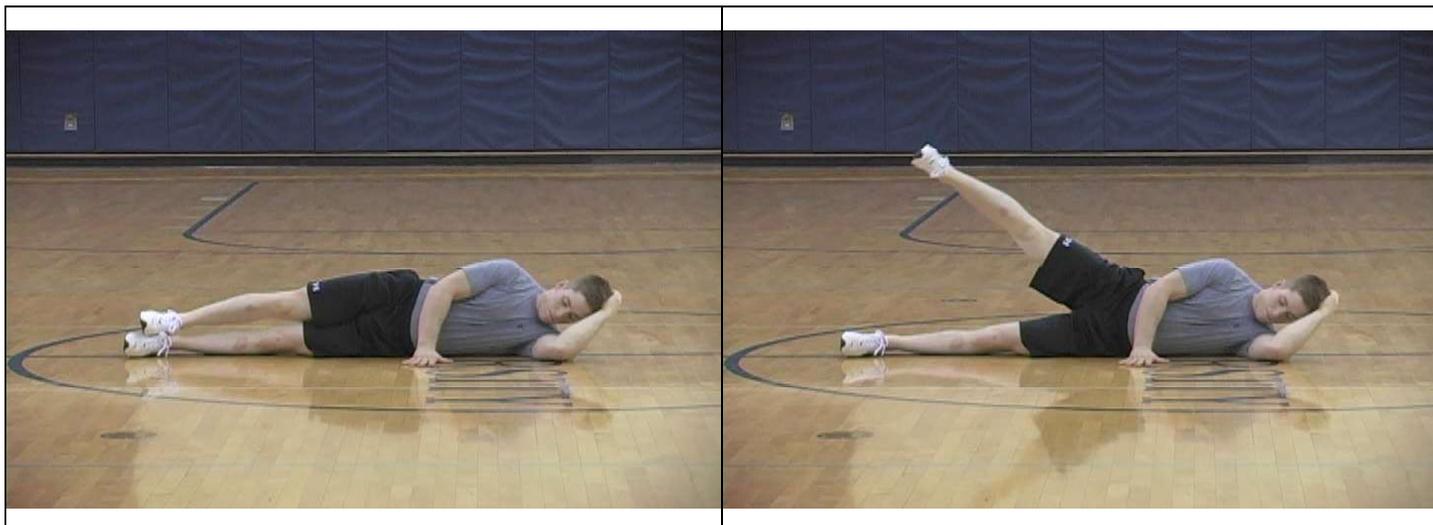


#### 4.1 – SIDE-LYING LEG RAISE



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve hip abduction strength and mobility.</li> <li>▪ To feel the difference between hip mobility and lumbar spine mobility.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Lie on your left side with your body in a straight line and feet stacked on top of each other.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Gently brace the core and lift the right leg, leading with the heel.</li> <li>▪ Lift as high as you can using your hip, and then return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Don't worry about your range of motion initially! Get your mobility from your hips versus your lower back.</li> <li>▪ Keep your core tight and make sure to lead with your heel.</li> </ul>