

HIP ABDUCTION RE-TRAINING

- Lie on your side on the floor with your shoulders and pelvis perpendicular to the floor. Bend your bottom leg to keep your body stable. Place your right hand on the ground in front of you. Tighten your deep abdominal muscles.
- Lift your right leg up toward the ceiling. While you do this, “reach” with your leg as if you were trying to make it 2 inches longer. Also, turn your toes upward a bit.
- You should feel the muscles working along the outside aspect of your buttocks.
- Do not “hike your hip”, do not let your pelvis roll backward, and keep your leg in line with your body.
- Repeat this exercise _____ times.
- Note: You can make this easier by lying with your back, buttocks, and feet up against a wall. Do not let your heel come away from the wall while lifting your leg.

Keeping your heel in contact with the wall, reach and turn your toes upward.

You should feel the buttock muscles working.

Do not let your pelvis “hike up” toward your head.



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Adapted from: Bookhout, M R. Course Notes: Exercise Prescription as an Adjunct to Manual Medicine