



Hip Abduction - Side Lying

Lying on one side, bend bottom knee up and keep top leg straight.
Slowly raise top leg up sideways (30° - 45°), keeping knee straight and toes pointing slightly downward.
Keep body and leg aligned and avoid hiking the hip.
Maintain an abdominal hollow throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Abduction - Standing

Standing supported in readiness position. Attach tubing to one side at knee level and place around the ankle.
Bend knee slightly and start with leg across and in front of opposite leg pointing the toe inward and up. Slowly raise leg out sideways away from body. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Isometric Hip Adduction

Seated on floor supported with hands (or lying down).
Squeeze ball between knees and hold. Use various sizes of balls to work muscle through its range.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Adduction Standing

Standing supported in readiness position. Attach tubing to one side at knee level and place tubing around ankle.
Bend knee slightly and start with leg away from body. Slowly pull leg across in front of opposite leg. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Forward Lunge

Stand tall maintaining readiness position.
Step forward with one foot (longer than a normal stride, heel/toe).
Keeping upper body upright, slowly lower body down until back knee almost touches the floor.
Front knee should not bend past 90°.
With control, return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31