

Hip Abductors, Rotators and Extensors



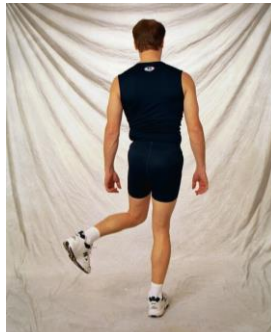
Side lying position.



Abduct leg straight up.



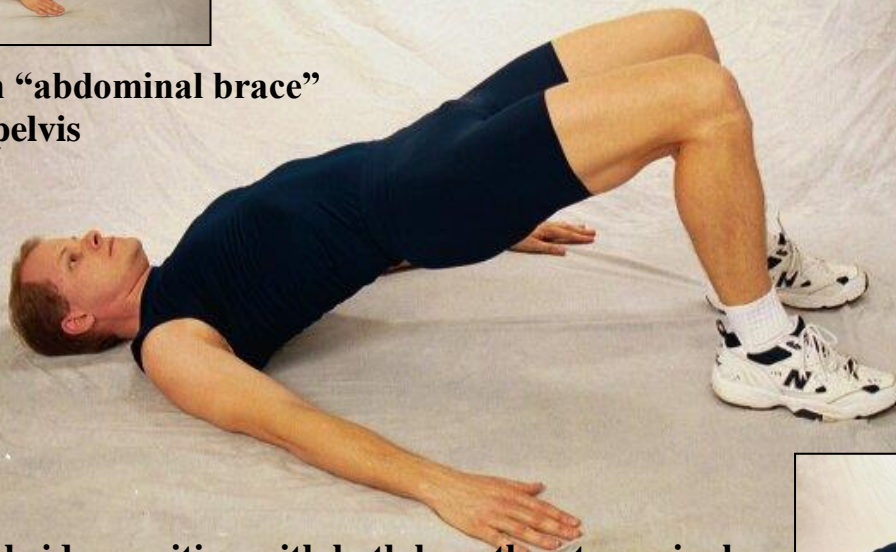
Keep the leg and thigh in line with body.
Do NOT rotate foot and
body backwards (as below).



Maintain a level pelvis to work stance side hip muscles. Rotators are worked with bent leg.



Maintain "abdominal brace"
Neutral pelvis



Rise to a bridge position with both legs, then try a single
leg extension. Repetitions of dips lowering hips to floor
may be performed.

