

Hip abduction:



Lie down in a side-lying position. Make sure your hips are “stacked” (one hip directly over the other) and that your body is in a straight line.

- 1 Placing your top hand on the floor in front of you can help ensure that you are not leaning forwards.
- 2 Your pelvis should be in a neutral position (not hitched or tilted forwards/backwards).
- 3 Accelerate when moving the top leg away from the other, and decelerate when moving back to the start position.
- 4 In the case of this exercise therefore, take 1 second to lift the top leg up (breathing out), 2 seconds to hold it in top position (keep breathing out) and then 3 seconds to slowly return it to start position (slowly breathing in).

Number of repetitions: 15-25 each leg
Do twice a day

Hip Hitching:

- 1 Throughout this exercise, the supporting leg needs to remain straight as all movement needs to be a product of lifting and lowering the hip on the opposite side.

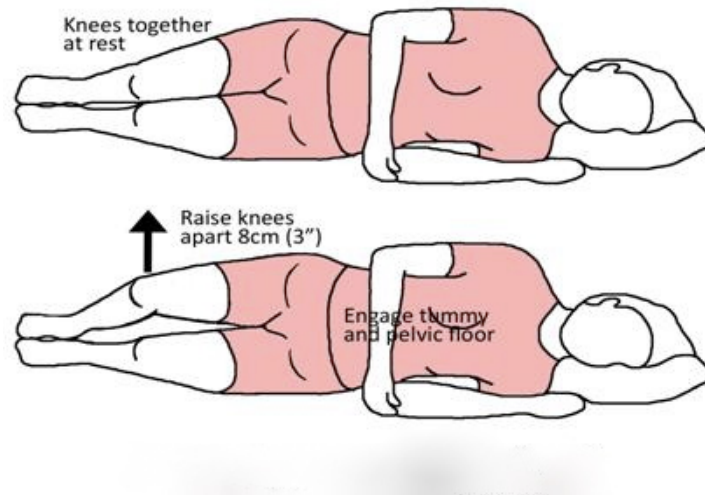


- 2 The body will typically “cheat” on the way down by bending the supporting knee (instead of lowering the opposite hip) and “cheat” on the way up by raising the shoulder (instead of lifting the hip).
- 3 As is the case in all the exercises, try to avoid allowing the pelvis to rotate forwards or backwards.

All exercises typically require quality of movement to achieve goals but this exercise in particular often falls prey to the body finding alternative ways to getting the job done!

Number of repetitions: 15-25 each leg
Do twice a day.

The Clam:



- 1 In side-lying position, slide your bent legs forward so that your hips are flexed to approximately 30 degrees.
- 2 Making sure your hips are “stacked” and (apart from your knees) the rest of your body is in a straight line, open your knees while keeping your heels together and pelvis in a neutral position (not hitched or tilted forwards/backwards).
- 3 Placing your hand on the side of the hip should help you feel the Gluteus Medius contracting as the legs open.

Number of repetitions: 15-25 each leg
Do twice a day.

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