

Hip Abductor Strength: Part 1

These exercises

Hip abductor strengthening is crucially important to prevent poor biomechanics throughout your leg, ensuring you don't develop pain or injury in your back, hip or knee. Strengthening your hip abductors can reduce pain and improve function if you already have an injury or weakness. Having strong hips that are well balanced also improves sporting performance, for example in activities such as running.

Try to do the exercises once a day. Follow the instructions carefully – it is more important you do the exercises with good technique rather than rushing or pushing yourself in the wrong way. If at any time the exercise is painful stop and check with your physical therapist that it is OK to continue. These exercises can be progressed, so you can challenge yourself more as you improve. Your therapist will guide you through this, from a starting point that is specific to your muscle strength and/or weakness.

Hip Abduction with Band: Supine

Tie an exercise band around your knees, and gently pull your legs open to create tension in the band. This exercise strengthens the outside of your thighs and buttock muscles. There are different colour bands that give more or less resistance. Start with easy and progress to black.



SETS

REPS



Video:

<https://www.youtube.com/watch?v=x3M43tCUCUQ>

Hip Abduction with Band: Sitting

Sit down with good upright posture, and tie an exercise band around your thighs. With one leg firmly planted on the ground, move your opposite leg away. Hold, and return to the start position. This exercise will help to strengthen your leg.



SETS

REPS



Video:

<https://youtu.be/cbnZ726S4KY>

Clam

Lie on your side, with both knees bent. Keeping your feet together, squeeze your deep abdominal muscles by drawing the tummy button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



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REPS



Video:

<http://youtu.be/1ECrWm-3SKo>

Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.



SETS

REPS



Video:

http://youtu.be/7QR_lew1f7Y

Lateral Walk with Exercise Band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position. You can start this exercise without using any resistance band and then progress to using bands of increasing resistance.



SETS

REPS



Video:

<http://youtu.be/i0w7KczRvkk>

Bosu Squat Single Leg

This is a very tough exercise. Stand on a BOSU, and go into a squat position while standing on one leg. Try to maintain good form/ technique. Return to the start position. Make sure when you squat you keep the middle of your kneecap in line with the middle toes of your foot. Do not let your knee drift off to one side. Using a BOSU helps improve your balance and strengthens the smaller muscles of the leg. At home you can balance on a soft cushion or pillow instead of a BOSU ball.



SETS

REPS



Video:

<http://youtu.be/Hjyjk7jOHPA>

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