

# Hip Abductor Strength: Advanced

## 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.

## Single-Leg Romanian Deadlift with Stability Hop with Medicine Ball

The Romanian dead lift. Hold on to a medicine ball. Standing with your feet shoulder width apart, extend one leg behind you as you bend forwards. Soften your knee slightly, and make sure you keep your back straight (or just slightly arched) throughout the movement. When you reach horizontal, come back up to the start position (on one leg). Then go into a hop, then stabilise your hips (or regain balance). Repeat as required.



SETS	REPS
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 **Video:**  
<http://youtu.be/htKjg5ivOcs>

## Squat with Band

Place your feet shoulder width apart, or just outside shoulder width. Tie an exercise band around your knees keeping it quite tight. Slowly bend your knees to go into a squat position. Maintain a good curve in your lower back, and control the squat making sure your knees do not drop inwards. When you have gone as low as feels comfortable, push upwards through your legs to straighten your knees into a standing position. Repeat as required.



SETS	REPS
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 **Video:**  
<https://youtu.be/He8ZbhLIW68>

## Side Lunge

Standing with your feet together, take a twice-shoulder-width step to your side and bend your knee. Your leg that stayed behind should straighten. Return to the start position.



SETS	REPS
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 **Video:**  
<http://youtu.be/WahmilJz1zE>

## Full Squat Single-Leg Cup Reach

Place 5 cups in front of you, and stand in the middle of them. Squat down (on one leg), and reach for one cup then come up, then repeat with the second cup, etc. Be careful to maintain control to the leg, and do not perform the exercise too quickly. Always keep your foot flat on the ground, do not let your heel rise from the floor.



SETS	REPS
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 **Video:**  
<https://www.youtube.com/watch?v=ROv8Mt4XtVY>

## Double-Leg Hop onto Wobble Cushion Dyna Disc

Place a wobble cushion or dyna disc on a stable surface. Stand next to the wobble cushion and hop on to it with both legs, before hopping back off it. This exercise helps improve balance and co-ordination.



SETS	REPS
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 **Video:**  
<https://www.youtube.com/watch?v=9Dm3fvqoY80>

## Single-Leg Hop (Lateral)

Standing on one leg, bend your knee to prepare yourself to jump. Keep your knee in good alignment (facing forwards in a straight line). Jump to one side, and then the other side, then repeat.



SETS	REPS
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 **Video:**  
<http://youtu.be/sUnFpsFqIk4>

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