

# Hip abduction in side lying

Lie on your unaffected side (fig A).



Fig A.



Fig B.



Fig C.

Push the heel of the foot away from you, while lifting the leg a few inches (Figs B and C).

You should feel the muscle at the side of the hip tightening.

Slowly control the leg back to the starting position.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

