

Hip abduction in standing

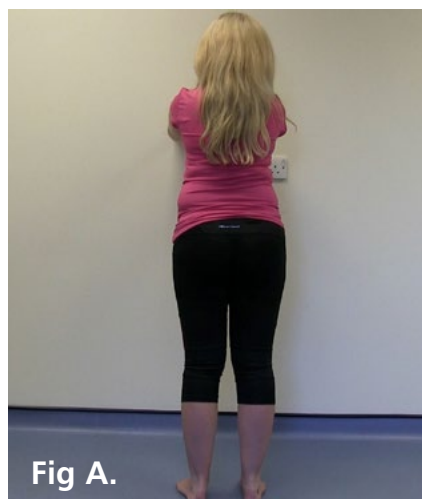


Fig A.



Fig B.

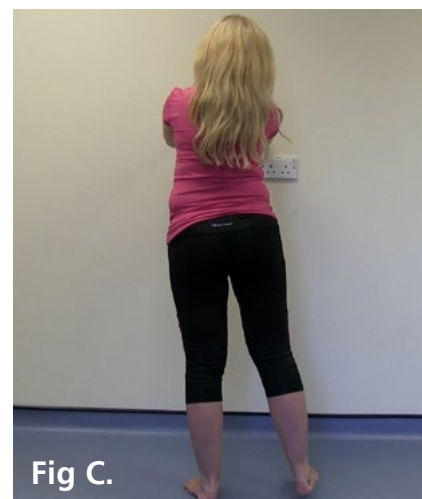


Fig C.

Standing with support (Fig A), keep the toe of the leg that is to be exercised pointing forwards.

Push the heel of the foot down and to the side, in a slow and controlled manner (**Figs B and C**).

Keep the upper body straight and do not lean.

Take care not to lift at the hip and do not swing the leg to the side.

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

Repeat as directed by your physiotherapist.

You can progress this exercise by using resistance band or leg weights, as directed by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)

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 here.



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

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