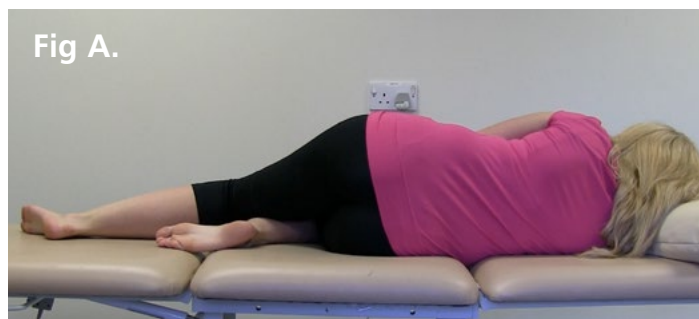


Hip abduction in side lying



Lie on your unaffected side (**Fig A**).



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 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 below.



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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