

Hip Abductor Strength: Part 2

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.

Clam with Band

Lie on your side, with both knees bent, and place an exercise band around your thighs just above your knees. 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. If you find the exercise too tough, go back to the clam without resistance, or lengthen the exercise band. This is a good strengthening exercise for your gluteal (buttock) and outer thigh and hip muscles.

SETS

REPS



Video:

https://youtu.be/4T2P_-MV9g0


Weight Shift Slide

Place one foot on a towel with both feet facing forwards. Slide the foot on the towel outwards as you shift the weight of your body to the side. Pull your leg back in against the resistance of the towel. This exercise will strengthen your adductor muscles.

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REPS



Video:

<https://www.youtube.com/watch?v=AFvaOjgM6JQ>


Walking Abduction and Adduction

Walk with good upright posture, and bend your hip to 90°, moving your leg outwards and then back to the midline. This exercise is good for improving flexibility to your hip joints.

SETS

REPS



Video:

<https://youtu.be/2xArC7VUMA0>


Hip Abduction with Band

With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side (a table leg), move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your standing leg. The movement out to the side can be small, don't try to lift too high and 'cheat' by hiking up your pelvis!

SETS

REPS



Video:

<http://youtu.be/mH631V-5K6s>


Supine Bridge: Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not overarch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

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REPS



Video:

http://youtu.be/fK_xUE3OKIE


Side Plank: Advanced

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). Lift your leg away from your body, as well as your arm. This is a tough exercise, so only perform this if you have the required core strength. This exercise works the abdominal and oblique muscles as well as increasing spinal stability.

SETS

REPS



Video:

<http://youtu.be/hfh39uh8vi4>


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