

Hip Abductor Activation

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.

Hip Abduction: Side-Lying Activation 1

Lie on your side, with your bottom leg straight, and your top leg flexed to 90° and supported by two pillows to keep alignment with your pelvis. Lift your leg 1–2cm off the pillow. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles.



SETS	REPS
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Video:

<https://youtu.be/iWSrt3Rd4WQ>

Hip Abduction: Side-Lying Activation 2

Lie on your side, with your bottom leg flexed to 90°, and your top leg straight and supported by two pillows to keep alignment with your pelvis. Lift your leg 1–2cm off the pillow. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles.



SETS	REPS
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Video:

<https://youtu.be/mod1Lhd23EE>

Hip Abduction: Straight Leg Supine

Lie down flat on your back on the floor or a bed. Slide your hip out to the side of your body as far as feels comfortable. Hold this stretch, then slide your hip back to the midline. This exercise will improve mobility to your hip joint.



SETS	REPS
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Video:

<https://youtu.be/hZoBB4-NCd8>

Buttock Clench

Stand up with good posture. Squeeze your buttocks as if you were holding a 50p coin between your cheeks. Hold, and relax. You will see slight rotation outwards of your thighs. Make sure your leg muscles are switched off so the movement is isolated in the gluteal (buttock) muscles. When you first start the exercise, you might wish to place your fingers on your buttock muscles to know if you are squeezing them.



SETS	REPS
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Video:

<https://www.youtube.com/watch?v=s6ZpmqjNlCk>

Gluteus Medius Muscle Contraction at Wall

Stand up straight with good posture close to a wall. The side you wish to activate should be away from the wall. Lift your closest leg to a 90° angle and push your thigh into the wall. Gently contract your deep abdominal muscles by drawing your



stomach inwards. As you push with your leg, you will create a contraction to the opposite side buttock muscles, known as the gluteus medius.

SETS	REPS
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Video:

<https://www.youtube.com/watch?v=ay1YWNFwAww>

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