

Hip Abduction Exercises

For a video demonstrating all these exercises please click [here](#). Perform each of these 10 times, three times a day.

Clam Shell

Lay on your side with your knees and hips slightly bent

Keeping your ankles together, separate knees by lifting top leg up toward ceiling.

For added resistance tie an elastic band (theraband) around your knees.

Standing Hip Abduction

While standing and without leaning over slowly lift your straight leg out to the side as far as you comfortably can.

It is very important that you do not lean over to lift your leg, if you are, then do not lift your leg as high

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Squat and Side Step

Tie an elastic band (theraband) around your knees

Make sure you can comfortably stretch band to shoulder width

Lower yourself into a short squat

Take a slow step to the side then slowly allow your other leg to follow to return to a distance of shoulder width.

Therabands come in a variety of resistances. You can purchase them at most athletic or general stores (Target, Walmart etc.)

