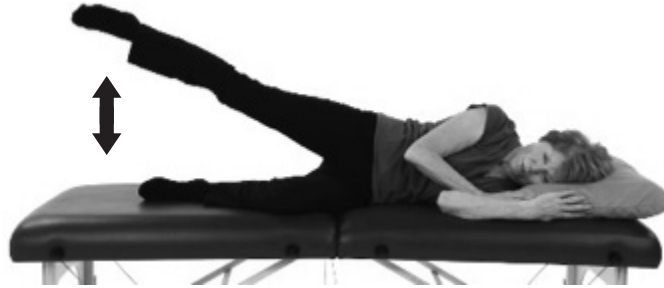


Strength – Hip Abduction



1. Lie on your side as shown with injured/weak leg on top.
2. Bend the bottom knee slightly for balance. Roll your top hip slightly **forward**.
3. Lift your top leg straight up, leading with your heel. Do not let it come forward. Hold this position for one second.
4. Slowly lower your leg to the starting position.
5. Repeat exercise 50 times, six times per day.

When this is no longer difficult, increase to 75 times six times per day, then 100 times six times per day. Keep increasing the number of repetitions until you are doing 200 repetitions six times per day.