

Standing Hip Abduction

Type: Rehabilitation, Prehabilitation

Muscle(s) Worked: Hip abductors

Equipment Needed: Small ankle weights

INSTRUCTIONS:

1. Stand up straight and hold onto something at hip height
2. While keeping your body straight, lift your right hip straight up to the side as far as you can lift it without your body moving (hip only)
3. Repeat _____ times
4. While keeping your body straight, lift your left hip straight up to the side as far as you can lift it without your body moving (hip only)
5. Repeat _____ times

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