

Hip abductor muscle exercises

Introduction

Muscle strength is essential to maintain balance and reduce pain by keeping our lower limb and back stable. Improving strength often controls symptoms enough that surgery is not needed. If surgery is performed, exercise pre operatively helps aid recovery and optimizes results after the procedure.

Exercise should be conducted within the limits of your general ability. Simple pain relief (Paracetamol or anti-inflammatory) can be used, especially when beginning a new program. Improvements take dedication, you should make time to perform exercises for 30 minutes at least 3 times a week.

Exercises described below, start with easier exercises moving to more difficult. An elastic theraband is a useful aid. I have added current clips freely available on the internet although these change from time to time. Google hip abduction exercises to find others that may be more helpful.

Exercises

- 1. Standing abduction.** Stand on your best leg. Turn the painful leg inward pointing across the body. Keeping you leg straight lift it out to the side and hold for 5 seconds. The pelvis should be kept level. A hand rail or table can be used for balance if needed. See www.youtube.com/watch?v=iVn7095tKBE
- 2. Clamshell raises.** Lying on your side with your knees and hip bent, keep your feet together while lifting your upper knee to the sky. A theraband can be positioned around the knees to make this harder. Aim for 100 reps. See www.youtube.com/watch?v=46l1bE9LlqM
- 3. Lateral leg raises.** Lying on your good side bend the hip and knee to keep from rolling over. Raise your top leg towards the sky. Hold for 5 seconds, repeat in 3 sets of ten. The leg can be moved backwards as well to make the exercise harder. See www.youtube.com/watch?v=mxWissvKVj0
- 4. Prone extensions.** While lying face down keep your leg straight and left the whole leg towards the sky. Hold for 5 seconds repeat in 3 sets of ten. To make this harder use a bag with a broad strap hooked around the ankle. Put a milk bottle full of water in to make a simple 2-3kg weight. See www.youtube.com/watch?v=8dqMQUjnSeQ
- 5. Raised knee walking.** Lay out markers in front of a mirror a stride apart (70-80cm). Slowly step over each marker keeping the pelvis level and the knee raised as high as you can. This can be performed forwards then as confidence builds, sideways and backwards.

6. **Water walking.** Walking in the pool is relaxing and provides good resistance without excessive stress on our joints. Start by walking in waist deep water. The exercise is made harder by heading into deeper water (up to the chest) and moving more quickly. Aqua jogging with a flotation belt is also very useful.

7. **Theraband resistance walking.** Therabands can be purchased from most pharmacists or ordered over the internet. However any elastic material will work including stockings, even bicycle inner tubes. Start with the band at knee height, push the knees apart and walk over a 20 metre circuit for 10-15 minutes. Keep the knees as far apart as possible. The band can be moved lower towards the ankle to make the exercise harder. For variations see the following Youtube clips:
 - Mini-Band work:
<https://www.youtube.com/watch?v=AeliNOIGijs&list=PLFEEE7796EF23C086>
 - Monster Walk:
<https://www.youtube.com/watch?v=kW3pb5I43Nc>
 - Double Band work:
<https://www.youtube.com/watch?v=aj4iWDmPCHQ>