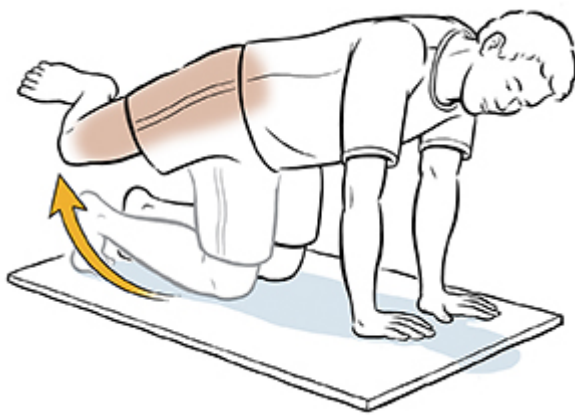


## Hip Abduction with External Rotation (Strength)



These instructions are for your right knee. Switch sides for your left knee.

1. Get down on the floor on your hands and knees.
2. Lift your right leg up and out to the side. Keep the knee bent. Raise the leg as high as is comfortable. Hold for 3 seconds, or as instructed.
3. Slowly lower your leg back to the floor.
4. Repeat 5 times, or as instructed.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.  
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.