

# How to Do the Hip Abduction Exercise

Hip abduction exercises strengthen the muscles that move your leg out to the side...

which help you stay balanced when you walk.

Here's how to do them.

Lie on your back with your legs straight out, either on the floor or on a firm bed.

Place your feet hip-width apart.

Keep your toes and your kneecaps pointed up toward the ceiling.

Tighten the thigh muscles of one leg.

Slowly slide that leg out to the side, and then slide it back--to the position you started in, with your feet hip-width apart.

If you feel any pain in your back, bend the opposite leg and keep that foot on the floor.

Do this exercise 8 to 12 times on one side.

Then, switch legs and do the exercise 8 to 12 times on the other side.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.