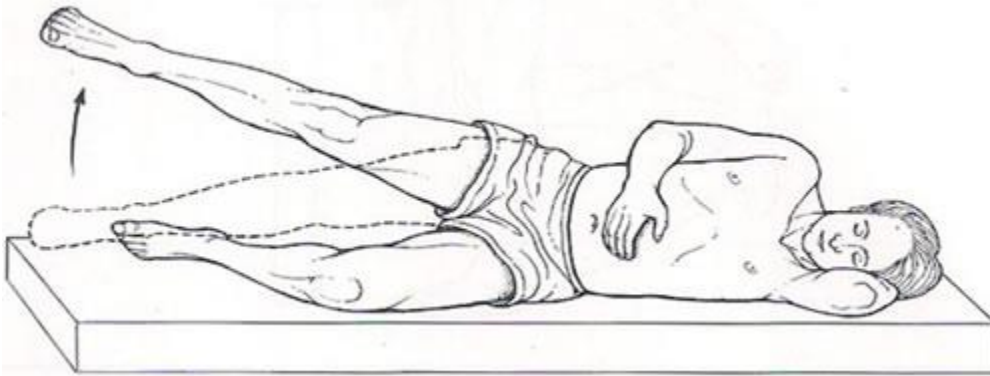


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HIP ABDUCTOR AND EXTERNAL ROTATOR EXERCISES

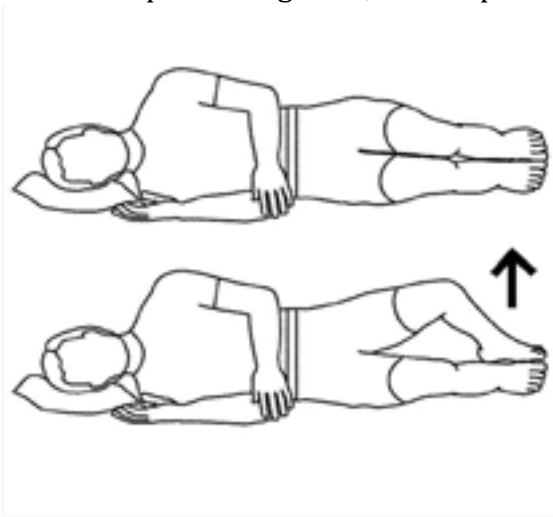
Hip abductor exercises/Wall slides:



- Done with hips in extension (i.e. slightly behind the plane of your pelvis and torso) to isolate hip abductors
- To assist in correct positioning, lay ~ 6 to 12 inches away from wall and maintain heel position just off the surface of the wall to ensure hip in extension throughout the range of motion

Clamshell exercise (seated, laying on back or side):

- Works hip external rotators
- Keep heels together, knees spread apart with elastic cord just above the knee



You may also refer to the following suggested youtube links for further home directed exercise instruction:

- Fire hydrants
<https://www.youtube.com/watch?v=9JB38HZEbrQ>
- Donkey Kicks
<https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ>
- Monster walks
<https://www.youtube.com/watch?v=rpaj5doVmbs>
- Clamshells
<https://www.youtube.com/watch?v=CiqvDV8pzRk>