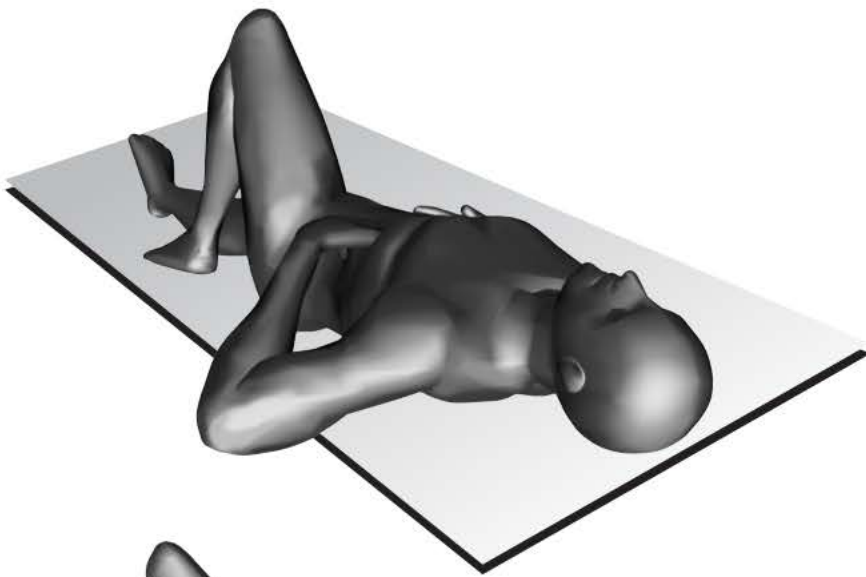
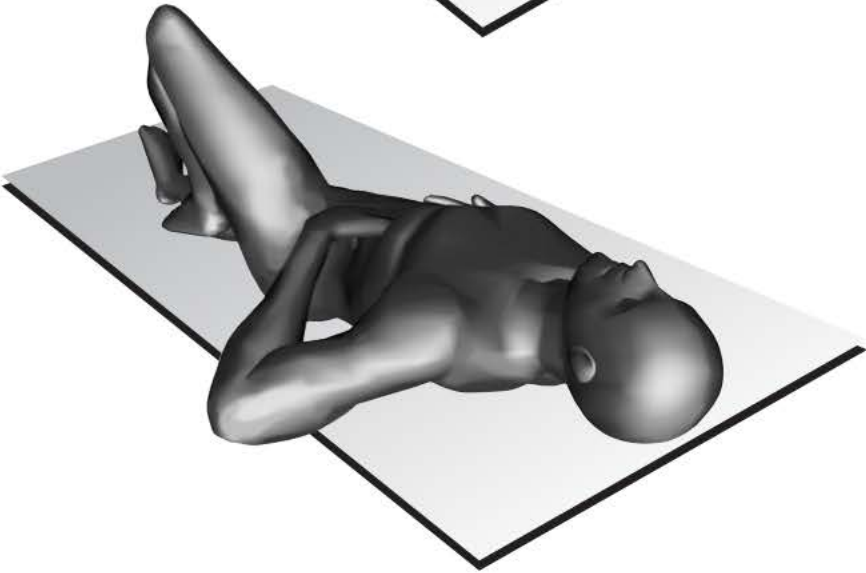


Hip Abduction — Lateral Rotation From Flexion Position: Bent Knee Fallouts (Figures A-D)

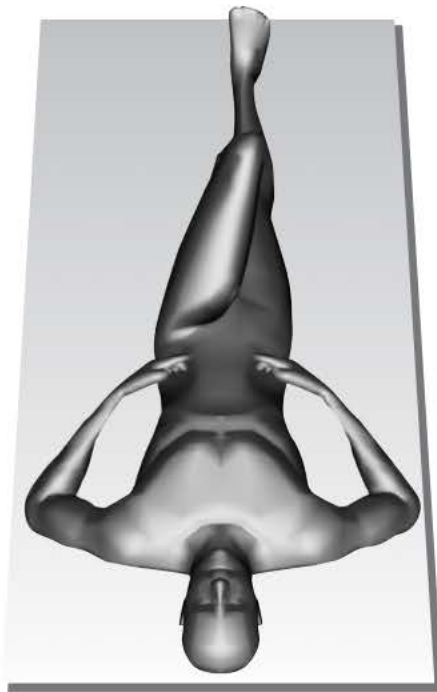
A



B



C



D

- Purpose(s):**
- To improve the isometric performance of the abdominal muscles in preventing pelvic rotation
 - To move the leg without moving the pelvis
 - To stretch the hip adductor muscles (e.g., inner thigh muscles)

Starting position: Place hands on pelvis. Bend one knee with foot on the floor. Straighten alternate leg. Place a pillow along side the leg that is bent.

Level 1

Method: Perform variation if box is checked

Contract your abdominal muscles by pulling “your navel toward your spine”
Let your knee move toward, outside, and away from your body (see Figures B-C)

Keep your pelvis still
Bring your knee back to the starting position

- Bring your knee toward the inside of your body toward your opposite leg (see Figure D)

Return to the starting position
Repeat the movement _____ times
Perform with alternate leg

- Place pillow under the knee of the leg that is straight
 Place a pillow along side the leg that is bent at the level of the knee

Repetitions: _____