



Isometric Hip Lateral Rotation With Hips Abducted and Knees Flexed

Purpose: • To improve the performance of the hip lateral rotator muscles

Starting position: Lay face down with knees apart and bent. Allow the hips to rotate so that your feet touch.

- Method:** Perform variation if box is checked
- Place a pillow under your abdomen
From the starting position, push your feet together by tightening your buttocks
Hold position for 5 to 10 seconds
Relax and repeat movement

Repetitions: _____