

HIP EXERCISES

HIP ABDUCTOR STRENGTHENING EXERCISES

SIDE-LYING HIP ABDUCTION EXERCISE



Lying on your side with the top leg extended upward. Lift the straight leg about 30–40 cm without bending. Hold for 5 seconds. Risk of tensor fasciae latae dominance if internal rotation of the leg is not controlled.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthen the hip abductors, especially the tensor fasciae latae if internal rotation is not controlled.
- Improve pelvis and hip stability.

BRIDGE EXERCISE WITH LEG LIFT



Lie on your back with knees bent and feet flat on the floor. From this position, lift your pelvis by contracting your glutes until forming a straight line from shoulders to knees. Once in the bridge position, lift one leg, keeping the knee bent at a 90° angle, without losing alignment or letting the pelvis drop. Hold the leg up for a few seconds and then lower it slowly, keeping the pelvis elevated. Repeat with the other leg.

Perform:

- 10 repetitions.
- 2–3 sets daily.

Goals:

- Strengthen the gluteus medius and other hip stabilizers.
- Strengthen the gluteus maximus of the supporting leg.
- Activate the hamstrings and posterior leg muscles.
- Improve lumbopelvic stability and core control.
- Prevent injuries due to misalignments or hip/pelvis weakness.

BRIDGE EXERCISE WITH LEG LIFT AND KNEE-TO-CHEST PULL



Advanced variation of the previous exercise. Lying on your back with knees bent and feet flat on the floor. Lift the pelvis by contracting the glutes until forming a straight line between shoulders and knees. From that bridge position, bring one knee toward the chest, holding it with your hands and applying a controlled pull, while the other leg remains in support. The pelvis must remain stable and elevated throughout the movement. Then lower the leg without resting the pelvis and repeat with the opposite leg.

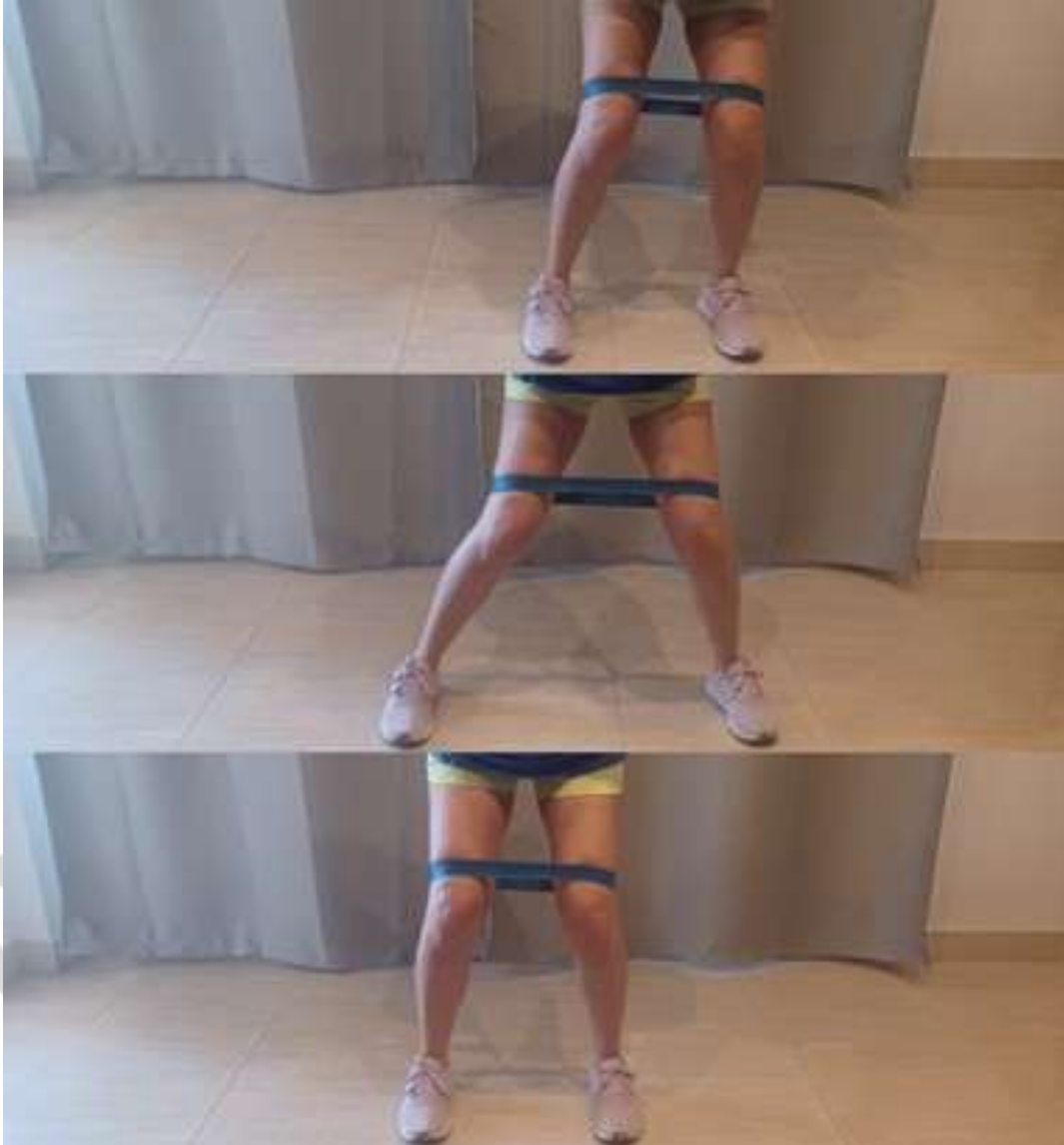
Perform:

- 10 repetitions.
- 2–3 sets daily.

Goals:

- Strengthen the gluteus maximus and hamstrings of the supporting leg.
- Activate the gluteus medius and pelvic stabilizers.
- Improve lumbopelvic stability and core control.
- Prevent injuries due to misalignments or hip/pelvis weakness.

LATERAL STEPS WITH BAND AROUND THIGHS



Take lateral steps while keeping a resistance band placed around the thighs, just above the knees. Perform in a semi-squat position, maintaining constant tension in the band throughout the movement.

Perform:

- 10–15 steps per side.
- 3–4 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

LATERAL TAP WITH BAND AROUND THIGHS



From a semi-squat position, with a resistance band placed just above the knees, keep one leg fixed while extending the other to the side, tapping the floor with the toe, then return to center. Repeat alternating sides.

Perform:

- 15 repetitions per side.
- 3 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

ANTERIOR AND POSTERIOR TAP WITH BAND AROUND THIGHS



From a semi-squat position, with a resistance band placed just above the knees, keep one leg fixed while extending the other forward (anterior tap) and then backward (posterior tap), gently touching the floor with the toe each time. Perform in a controlled way to maintain band tension. Keep torso stable and band always tight.

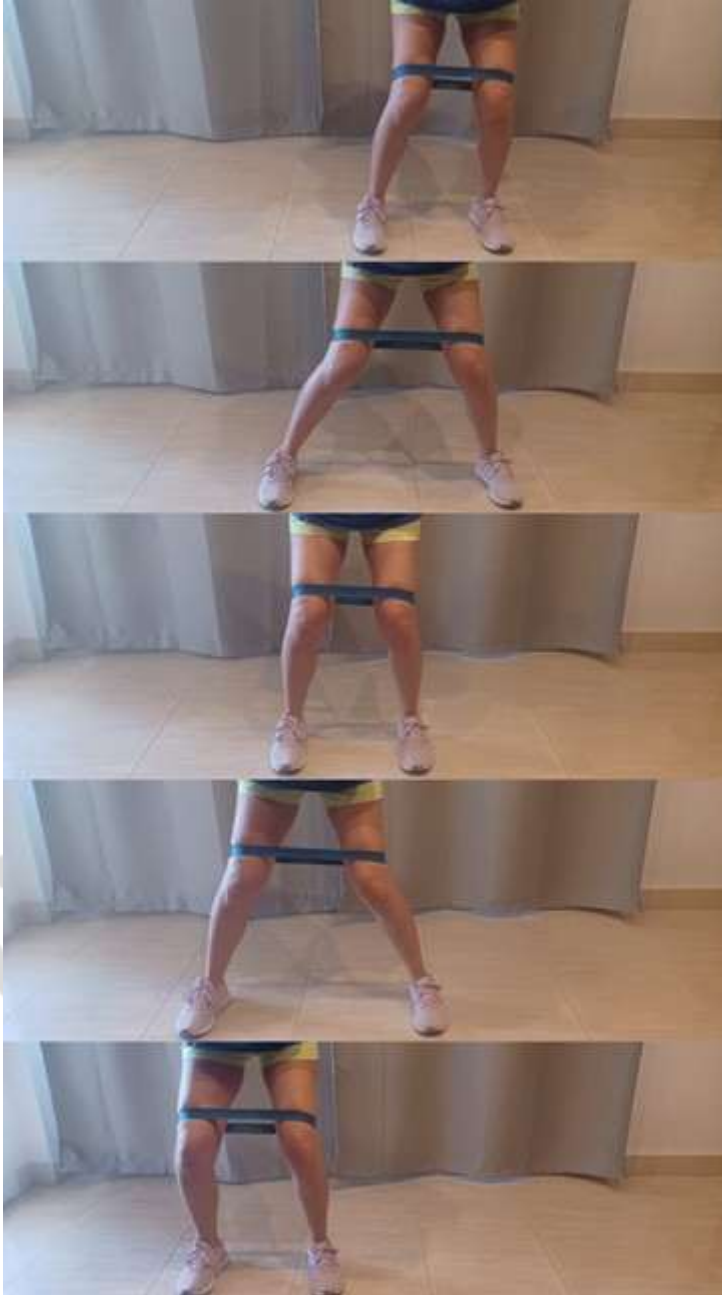
Perform:

- 10 repetitions per side (each includes one forward and one backward tap).
- 3 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

LATERAL WALK WITH BAND AROUND THIGHS



From a semi-squat position, with a resistance band placed just above the knees, take consecutive lateral steps in one direction, maintaining constant tension in the band and torso control. Then repeat in the opposite direction.

Perform:

- 10 steps per side.
- 3 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

LATERAL TAP WITH BAND AROUND ANKLES



Standing with a resistance band placed around the ankles, keep one leg fixed while extending the other to the side, tapping the floor with the toe, then return to center. Repeat in a controlled way, maintaining band tension.

Perform:

- 15 repetitions per side.
- 3 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

LATERAL WALK WITH BAND AROUND ANKLES



From a semi-squat position, with a resistance band placed around the ankles, take controlled lateral steps in one direction, keeping band tension throughout. Then repeat in the opposite direction.

Perform:

- 10 steps per side.
- 3 sets daily.

Goals:

- Activate and strengthen the gluteus medius, minimus, and TFL.
- Improve hip and knee stability.
- Prevent injuries due to misalignments or hip/pelvis weakness.

[Make an Appointment with Dr. Jordi Jiménez.](#) He will see you at the Palma de Mallorca center and help you recover your quality of life.