

Hip Strengthening Exercises

Lateral Hip Rotators



Starting Position

1. Stand with Thera-Band looped around each foot, held in hands

Left Lateral Hip Rotation



- Step 1: Slowly turn entire leg and foot outward, hold for 3 seconds
- Step 2: Keep hips square, back straight and abdominals tight
- Step 3: Slowly return to starting position
- Step 4: Repeat 8-12 times