

HEALTHY MOVES

Stretch of the Month

HIP ABDUCTOR STRETCH

Why Stretch the hip abductor muscles

The hip abductor muscles are the group of muscles responsible for moving the hip away from the midline of the body. Many of the abductor muscles are also responsible for hip rotation, and make up part of your buttocks. These muscles play an important role in stabilizing the pelvis when standing. This is crucial for good low back mechanics. Tight hip abductors will adversely affect your low back function and your gait (i.e. your walking and running).

How to stretch

- Lie on your back with legs extended.
- Bring the right knee toward your chest.
- Your thigh should be about 90 degrees to your trunk.
- Keep the right knee bent and left leg extended.
- Place your left hand on the outside of the right knee.
- Pull your right knee towards the midline of the body, only far enough to feel a gentle stretch.
- Hold for 20 to 30 seconds.
- Repeat same for other side.
- Stretch each side 3 times.



You should feel this stretch in the buttocks or outside of the hip. If there is any discomfort in the front of, or deep within, the hip see alternate stretch.

For both these stretches your back and pelvis should remain flat on the ground or bed.



Don't pull hard toward the chest. The focus is on gently bringing the thigh across the mid line of your body.

Alternate Stretch

- Bring your right knee toward the chest.
- Place the left hand on your right shin, and the right hand on the outside of the knee.
- Pull your shin gently toward your chest and push thigh, gently, with your right hand, toward the midline of your body.
- Do not lift your hips or pelvis from ground.
- You should feel this stretch in the buttocks or on the outside of the hip.
- Hold for 20 to 30 seconds.
- Repeat same for the other side.
- Stretch each side 3 times.

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Disclaimer:

Suggestions made in this publication are no substitute for medical advice. If you have any pain or difficulty performing this stretch seek advice from your appropriate health professional.