

Side Lying Leg Lift



Step 1

- Lay on side, with bottom leg bent and top leg straight, hips stacked on top of each other.
- Flex top foot, reaching out with your heel.
- Keep top leg straight with body (see bottom picture).
- For improved alignment, place a small rolled towel under your waist.



Step 2

- In a controlled manner, lift your top leg up



Step 3

- Gently press leg down toward your body until you feel a gentle stretch in the deep outer hip
- Hold for 30 seconds or amount of time prescribed by your therapist

Repeat 3 - 5 times on each side, 2 - 3 times daily, or as prescribed by your therapist.
If pain increases, discontinue and consult your therapist.

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