



4611 Bee Caves Rd Ste. 212 Austin TX 78746  
 Ph: 512-947-3705 Fax: 888-393-6601 www.CarterPT.com

## A Common Cause of Injury: Weak Hip Muscles

### What are Hip Abductors/Rotators, and what do they do?

- Keep the hips level as you walk and run.
- Keep the knees from rotating inward when you walk, run, squat, etc.

### How can weakness of these muscles cause injury?

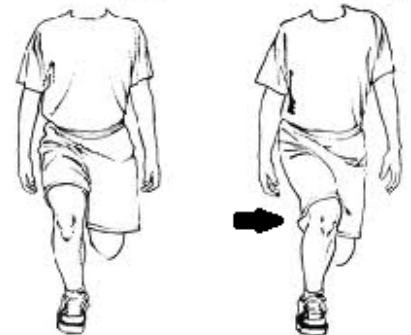
- Creates repetitive strain in the low back, over the outside of the hip (bursitis), down the IT band (tendonitis), and rotational torque of the knee (cartilage and ligament injury).

### How do you know if they are weak?

- Single Leg Balance test (Caution: hold onto something if you are unstable!)
- Single Leg Squat test (do Not perform unassisted if you have knee problems!)

### How can you safely get them stronger?

- Core Contraction: "Belly Button-to-Spine" (BBTS)
- Single Leg Balance
  - o BBTS throughout; Keep hips level; legs Not touching
  - o Use hands/fingers on wall to assist if needed – be safe!
- Clams
  - o BBTS throughout; keep top hip forward over bottom hip



**Strong**

**Weak**

### Normal Hip Abductors

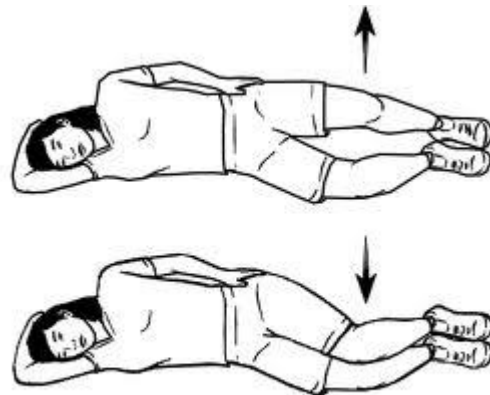


A

### Weak Hip Abductors



B



**Clams**