

# Lateral Leg Lifts



Lying lateral leg lifts work the hip abductor muscles. These muscles support the pelvis and can help reduce strain on the back.

- Lie on one side with the legs together.
- Keep the lower leg slightly bent.
- Draw the bellybutton into the spine to engage the core muscles.
- Raise the top leg about 18 inches, keeping it straight and extended.
- Hold the position for 2 seconds.
- Repeat 10 times.
- Turn onto the other side of the body and repeat, lifting the other leg.
- Perform 3 sets on each side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.**