

6. Lateral leg slides



Aim Strengthen hip adductor and abductor muscles.

- Instructions**
- Lie flat on your back on a firm surface with a pillow under your head eg. on your bed.
 - Keeping your knee straight and your foot flexed so your toes are pulled back towards you.
 - Slide one leg out to the side as far as is comfortable for you, keeping your knee straight and your toes pointed to the ceiling.
 - Slide the leg back to the starting position.

Repetitions 20 times each leg (3 x per week).

Tip You may find it easier to slide your foot if you are wearing socks or stockings.