

Self Tests for Hip Abductor Weakness



LANE COVE
CHIROPRACTIC

1. Single Leg Stance Test

- Stand next to a stable surface like a countertop or chair for support.
- Lift one leg off the ground, bending at the knee, and hold the position for 15-30 seconds
- Pay attention to any difficulty maintaining balance, shaking, or dropping of the pelvis on the unsupported side. These signs may indicate hip abductor weakness on the standing leg.

2. Side-Lying Hip Abduction Test

- Lie on your side with your bottom leg bent to support your body.
- Keeping your top leg straight, lift it upwards towards the ceiling, leading with your heel.
- Perform 10-15 repetitions and observe any difficulty in lifting the leg or maintaining proper form. A lack of control or limited range of motion may suggest hip abductor weakness.

3. Clamshell Exercise:

- Lie on your side with your knees bent, keeping your feet together.
- Keeping your feet together, open your top knee towards the ceiling, then lower it back down.
- Perform 10-15 repetitions and focus on the movement of your top knee. If you struggle to lift the knee or feel strain in the hip, it could indicate hip abductor weakness.

Remember to perform these tests slowly and cautiously. If you experience pain or discomfort during any of these self-tests, stop immediately.

These tests are designed to provide a general indication of hip abductor strength and should not be used as a definitive diagnosis. We can provide and conduct a comprehensive evaluation and recommend appropriate care if hip abductor weakness is detected.

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