

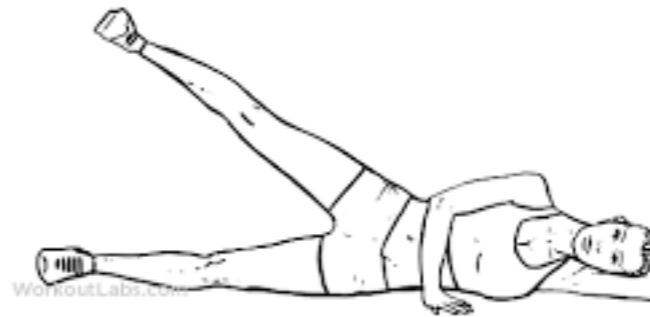
Do it Right!

Exercises you Should Do

Lateral Leg Lift

Types (progression): The lateral leg lift is typically done in a standing or side lying position. Both positions can be done with knee straight or with bent knee. They can also be done with toe pointed either straight ahead (standard, best position) or in different directions. I always suggest a slight pause at end of motion for maximum affect. The addition of a rubber band/tubing around knees or ankles is a way to advance this exercise. **Performance:** The exercise done is done typically for 10 or more receptions for 1-3 sets.

Form: Either in a standing or side lying position raise leg laterally to maximum lift without postural change. Pause for one second or more seconds and then return. To make the standing version harder add a balance challenge and do not hold on for support. [See Form](#)



This exercise is so simple and safe and it will sustain your ability to move.

According to a paper by [Lauretina](#) the lateral leg lift is a simple, yet effective exercise that should be part of every runner's training program and can easily be incorporated into an active warm-up prior to runs and workouts. There are many muscles that play a vital role in walking/running and maybe none more important than the gluteus medius. It is just lateral to the hip joint. Its job is to abduct and rotate the leg, however it also functions to dynamically stabilize the pelvis, which is crucial to proper functioning of the knee and low back. The lateral leg lift is one of the best ways to strengthen this muscle. The Journal of Strength and Conditioning reports that the side-lying leg lift activates the glutes more than others. Other studies have shown that the side lying leg raise, done without rotating or flexing the hip, allows for much greater gluteus medius activation. Many believe the clamshell or toe in / toe out lateral leg raises are more effective, however EMG muscle testing suggests otherwise. Another benefit of this exercise is the neutral side-lying leg raise position limits the activation of the TFL or tensor fasciae latae. The TFL when activated sometimes overcompensates and over rotates the hip, especially in people with an increased lower back curvature (anterior pelvic tilt). This can could cause pain and dysfunction.