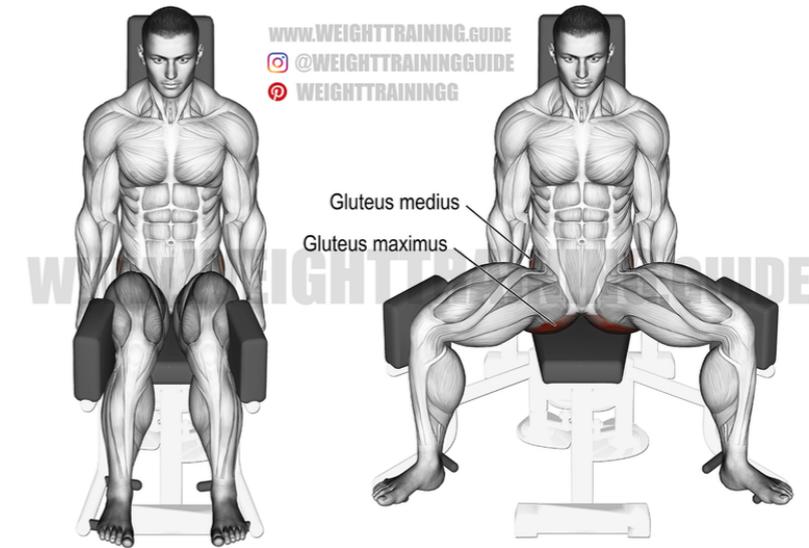


Outer (Abduction) Thigh Machine

Form: Sit in the machine, legs against the outer thigh pads. Keep back straight with natural curve with abdomen braced. Position pads so that there is mild tension on your outer thigh muscles at the starting position and then push your legs outward against the machine's resistance. Return to the starting position with a smooth, controlled movement. Do not over stretch your legs apart — that could cause injury. **MAKE SURE YOU KEEP TOES POINTING IN THE SAME DIRECTION OF KNEE AND KEEP ABDOMEN BRACED THROUGHOUT. DO NOT LET MOMENTUM DRIVE THE MOTION.** [Video](#)

Do it Right!
Exercises you Should Do



The inner and outer thigh machines have often been suggested to be ineffective, nonfunctional, and ones to avoid (Paper, Paper 2). I say the opposite. I have suggested the outer thigh machine many times when helping people develop the lateral hip musculature (outer thigh, gluteus medius) and as a general conditioning tool. It strengthens and builds hard to isolate outer thigh muscles in an easy to understand manner, but building and strengthening muscles is different than losing fat or slimming your thighs I always say. In order to makes your thighs appear smaller, overall diet and weight loss is necessary. Building muscles with strength training, such as an outer thigh machine, will not necessary change the appearance of thighs it will however increase your strength and stability. More importantly by working both the inner and our thigh as well as you glutes you increase stability which will help in developing core and balance ability. The gluteus medius is an important muscle in movement because it prevents the opposite side of the pelvis from dropping during walking, running and single leg weight-bearing. If you stand on one leg and your hip drops slightly or if it is hard to do you need to strengthen your lateral hip and core. The strength of the glutes, especially for producing abduction and external rotation, are correlated with knee health. The outer thigh machine is one of the easiest ways to strengthen the glutes medius as well as banded leg abduction exercises as previously mentioned in “[Do it Right](#)”. Distance runners injured with iliotibial band syndrome or patellofemoral pain syndrome (PFPS) demonstrate diminished muscle strength of the hip abductors when compared to non injured. It would be warranted that anyone who runs or who does a sport with running do leg abduction exercises. This machine is not just for athletes and runners. A study by Rasch et al found muscle strength in patients following total hip arthroplasty and suggested that exercises targeting the hip abductors should be intense to accelerate the strength gain post operation ([Study](#)). An easy way and safe way to do this is through the outer thigh machine. Simply stated weak hip abductors can impact the entire functioning of the lower body – your knees, ankles and feet a well as the upper core. Being part of the core leg abductor weakness will impact core and lower body ability. **Therefore, doing simple outer (abductor) thigh machine or a form of lateral leg raises can have an impact on your function. This is considered a Novice Exercise (see complete list).**