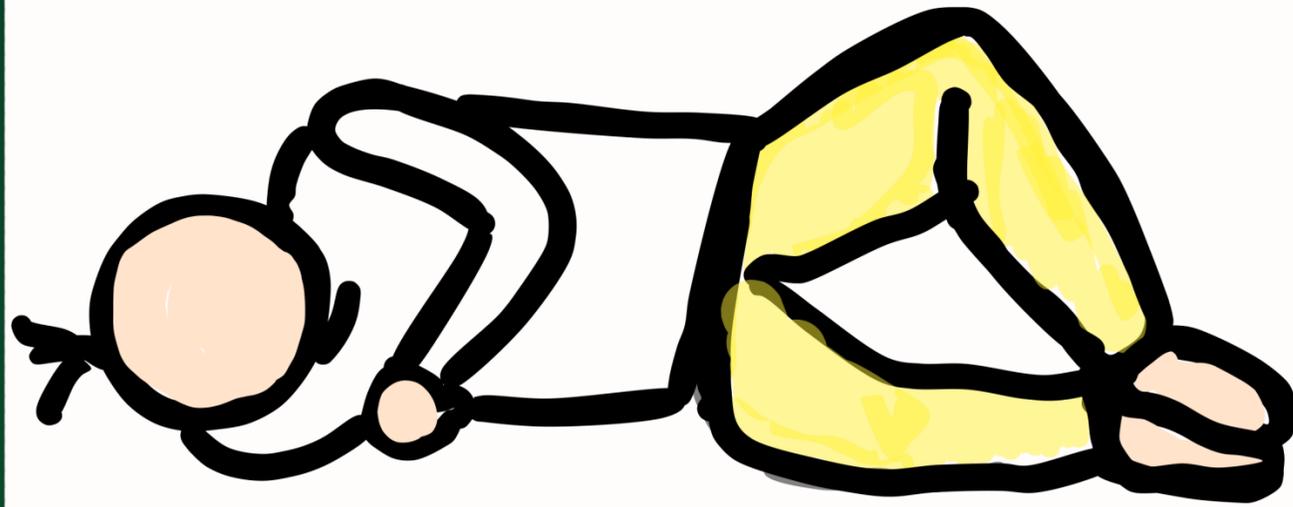
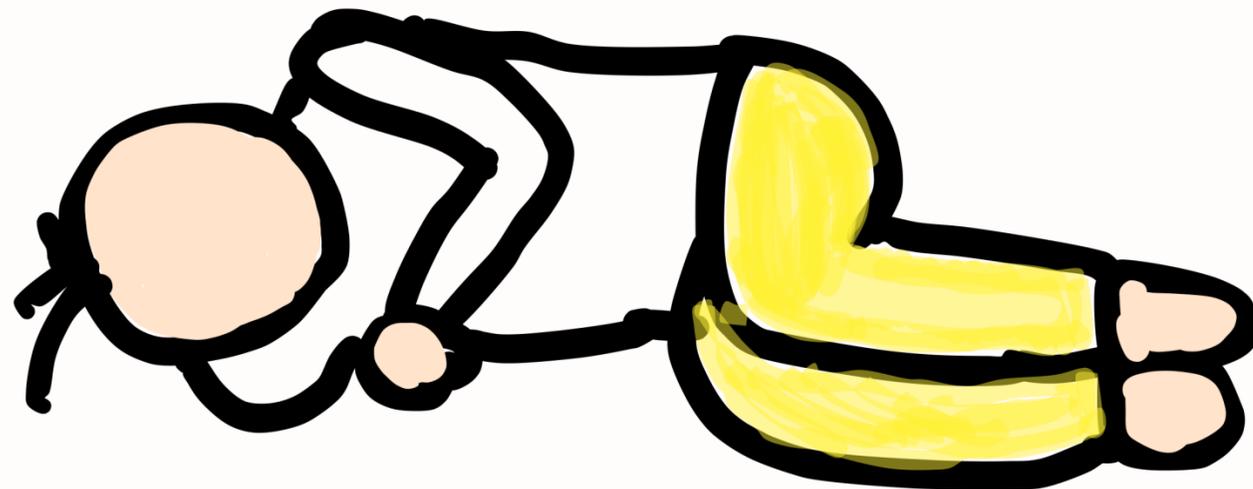


# 股関節外旋筋運動

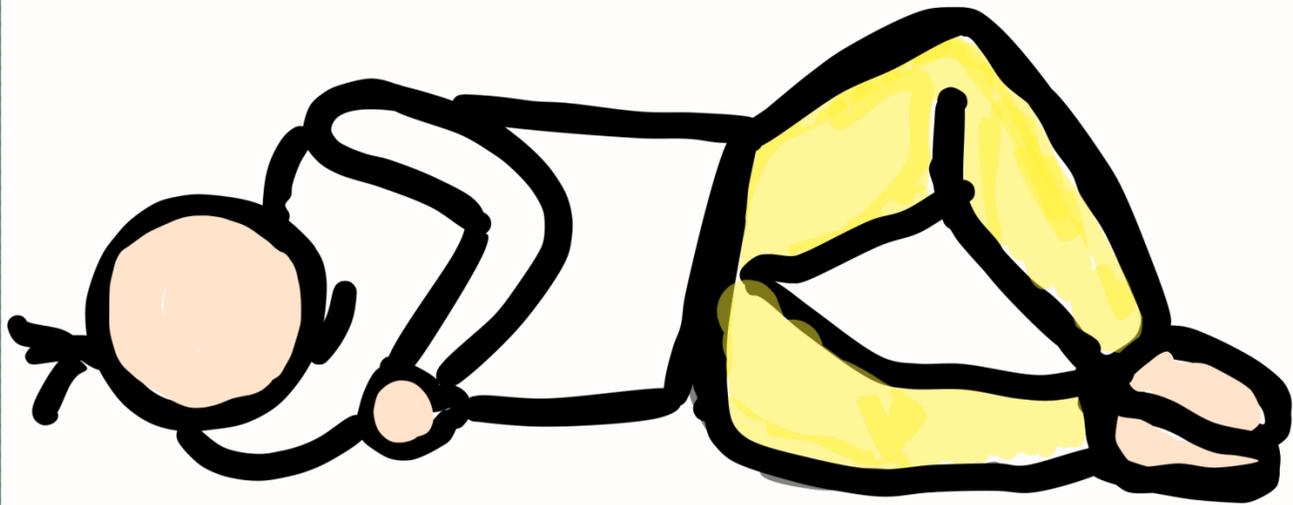


横向けに寝て、膝を90度から45度曲げる



踵と踵をあわせて、膝を開く。  
できる限り骨盤が開かないようにしよう

- **External rotation of the hip**



**Lie on your side with your knees bent at a 90-45 degree angle.**



- **Bring your heels together and open your knees as wide as you can without letting your hips tilt to the side.**

