

HOME EXERCISE - HIP

By Vincenzo Carone

Bridge- Lay on back, preferably hard surface but bed will work as well, bend both knees up, perform posterior pelvic tilt by tightening glutes and abdominals to flatten low back, then raise your hips up while maintaining neutral spine alignment, perform 10x for 3 sets.



Supine bent knee fallout- Lay on back, preferably hard surface but bed will work as well, bend both knees up, engage core by tightening stomach and flattening low back, then under control slowly lower one leg out to the side without lifting opposite side of pelvis and low back, and pull leg back in to return to starting position, perform 10x on each leg for 3 sets.

Figure four stretch- Lay on back, preferably on hard surface but bed will work as well, engage core by tightening stomach and flattening low back, cross leg and gently push knee until you feel a comfortable stretch in your hip, hold for 30 seconds, repeat 3 times per leg.

