

Exercise Prescription: Single Leg Deadlift

Purpose of Exercise: This is an exercise to improve hip and low back strength/stability.

Starting Position: Standing on one leg with a weight directly in front of your raised leg. If balance is an issue, have a chair close to your stable side if needed.

Exercise Description: While holding a muscular lock in your knee, lower yourself by reaching your hips back as far as you are able to, performing a hip hinge motion. Grab the weight once in the lowest position. Raise yourself back up by pressing your hips forward. Make sure to follow the instructions the height of the weight given by your clinician.

Pictures:

