

Exercise Prescription: Single Leg Lowering

Purpose of Exercise:

This is a pattern to improve hip mobility and stability for the active straight leg raise pattern.

Self-Check

Active Straight Leg Raise

Starting Position:

Lay on your back with one leg flexed up against the end of a table or wall.

Exercise Description:

While keeping the back flat, tighten your core. Lower the opposite leg while keeping your hips down and hold the stretch. Put an object under the foot of the down leg if the hip cannot reach full extension without compensation from the spine. The goal is for the heel to end up on the floor with pelvic alignment. Gradually build up to this with time.

Switch position and repeat on the other side. If one side is more difficult, do twice as many reps on that side.

Pictures:

