

Exercise Prescription: Lower Body Rolling

Purpose of Exercise:

This is a lower body rolling pattern for increased hip mobility and stability while resetting the core.

Self-Check

Rotary Stability

Starting Position:

Lay on your back, hands overhead, feet shoulder width apart.

Exercise Description:

Flex one hip and reach the leg across the body. The upper extremity remains still on the floor until the lower body pulls it over. To return to the starting position extend and reach the same leg diagonally across the body. Again the upper extremity remains on the floor and the lower body merely pulls it over.

Pictures:



1



2



3



4



5



6

