

## **Exercise Prescription: Hover**

### **Purpose of Exercise:**

This exercise helps to properly activate the gluteal muscles in a dynamic sit-to-kneel position in order to enhance pelvic movement, function, and stability.

### **Frequency:**

5-10 reps, 3-5 times per day.

### **Starting Position:**

Sitting on your knees, spread knees wider than hips with heels together under your bum. Keep your spine neutral. Place your hands on your hips.

### **Exercise Description:**

Inhale, fill belly like a balloon, lower ribs out to the side, fill pelvis with air, exhale, kegel lift. On an exhale with a kegel, lift your bum off of your heels and move your hips forward into a wide-kneeling position. Inhale and lower back down.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

### **Picture:**

