

Exercise Prescription: Single Leg Hip Hinge

Purpose of Exercise:

This is an exercise to train pelvic and core stability at the same time as hip mobility.

Self-Check

Rotary Stability

Starting Position:

Standing with your feet a couple inches apart, hold a broom handle/dowel behind your back so that it contacts the back of your head, between your shoulder blades, and your tailbone as shown.

Exercise Description:

Begin a single leg hip hinge by reaching back with one leg and creating a straight line. Maintain the three points of contact with the broom handle/dowel. Make sure that your pelvis and shoulders stay square, don't let one side dip down. Descend as far as mobility permits with good form.

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

Pictures:

