

Exercise Prescription: Side Plank- Knees

Purpose of Exercise:

This is a stability exercise for the lateral chain used to integrate core engagement with symmetrical hip extension.

Starting Position:

Laying on your side, propped up on your elbow with knees and hips bent as shown (1). Make sure that your spine is in a neutral position and not slumped down. Maintain this spinal position throughout this exercise.

Exercise Description:

From the starting position, without sagging the spine, squeeze your glutes and bring your hips forward until your shoulders, hips, and knees make a straight line (2). Bringing your glutes back towards your heels, return to the starting position. Repeat this motion 6-8 times.

Repeat on the other side. If one side is more difficult, do twice as many reps on that side.

If you experience any shoulder pain/discomfort, bring your top arm across your body, grip your shoulder with your hand, and keep the elbow glued to the chest.

Pictures:



1



2



1



2