

## Exercise Prescription: Trunk Stability Double Leg Lower

### Purpose of Exercise:

This is an exercise to mobilize the hips and stabilize the pelvis and core.

### Self-Check

Rotary Stability

### Starting Position:

Laying on your back, with legs pointing towards the ceiling. Stretch your arms out to both sides. You may place a towel under your head for comfort.

### Exercise Description:

While keeping your pelvis and shoulders on the ground, lower your legs to one side. Your palm should be on the ground on the same side your legs are lowering and your palm should face up on the opposite side.

Return to the starting position and repeat on the other side.

### Pictures:



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