

Exercise Prescription: Blossoming Flower

Purpose of Exercise:

This exercise helps to properly activate the intrinsic pelvic/hip rotators and stabilizers in a supine position.

Frequency:

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

Starting Position:

Lying on your back with your shoulders down away from your ears and your chin tucked in line with your spine. Bend knees and place feet flat on the floor with heels approximately 6 inches away from the bum, feet together, toes pointing forwards.

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, keeping your feet together, lower your right leg down to the side, bringing your knee to the floor. Keep your feet in starting position, rolling the foot open on its side. Inhale, return leg to starting position. Switch sides. Once comfortable, lower both legs simultaneously.

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:

