

## Exercise Prescription: Single Leg Airplane

### Purpose of Exercise:

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

### Self-Check

Rotary Stability

### Starting Position:

Standing with your feet a couple inches apart, arms out to your side at 45 degrees as shown.

### Exercise Description:

Begin a single leg hip hinge by reaching back with one leg and creating a straight line. Maintain good spinal, hip, and shoulder alignment, making sure that your pelvis and shoulders stay square. Descend until your body and leg reach a 45 degree angle from the ground as shown.

From this point, keeping your core stiff and your rib cage locked to your pelvis, in a slow controlled movement, tilt your hips upward towards the ceiling. Now tilt your hips downward towards the ground.

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:

