

Exercise Prescription: Touch the Wall Patterning

Purpose of Exercise:

To begin to learn the hip hinge movement pattern.

Self-Check

Active Straight Leg Raise

Starting Position:

Standing one of your foot lengths from the wall. Feet are shoulder width apart, toes may be pointed outward but must be symmetrical. Arms are straight and shoulders and arm pits are tight, gluing the arms to the body. Hands may be placed on the upper thigh to guide the motion but do not put weight on your hands.

Exercise Description:

From the starting position, reach back and touch the wall with your glutes. Focus on keeping your knees from shifting forward over the feet. Make sure to keep a neutral spine during the hip hinge (if you are having issues with this, move on to Touch the Wall with Stick). It can be helpful to let the hands slide down the thighs with this motion (keeping the elbow straight).

If you can successfully complete this, move the feet 1 more inch away from the wall and try again. Keep moving forward until you reach the farthest point where you can successfully reach the wall without falling backwards.

At this point, practice the hip hinge. Breathe in while reaching backwards towards the wall, exhale on the way up against a stiff core.

Pictures:

