

Forward Bending: Hip Flexion With Flat Lumbar Spine (Figures A-F)

- Purposes:**
- To decrease low back flexibility
 - To increase hip joint flexibility
 - To improve ability to move in hips without excessive bending of the lumbar spine
 - To improve the performance of the gluteal muscles

Starting position: Stand with feet spaced comfortably apart.

Level 1: With hand support (see Figures A-D)

Method: Perform variation if box is checked

Down

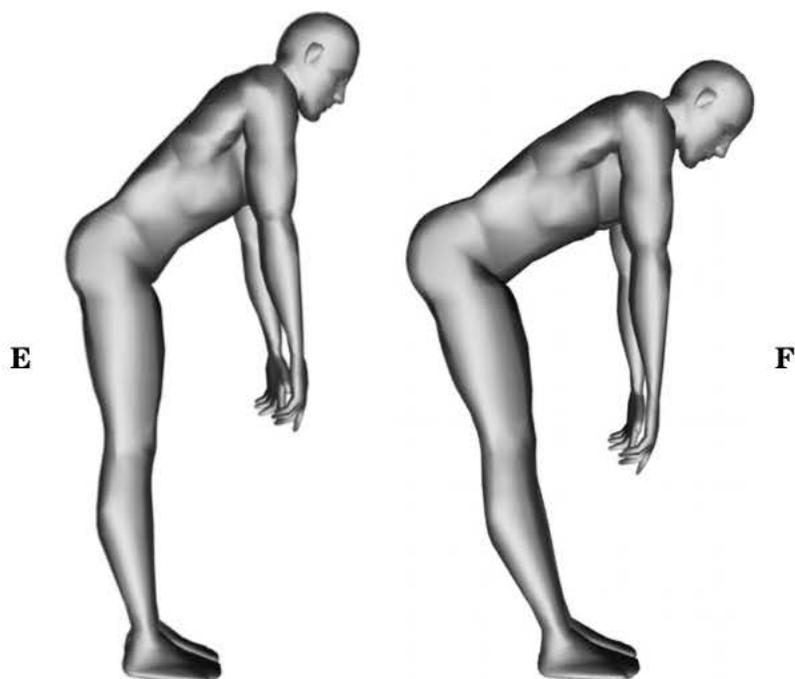
Place your hands on a table
 Try to put the weight of your upper body on your hands
 Bend in the hip joints; "think about sticking your seat out"
 Do not bend your back
 Do not arch your back (see *incorrect posture* in Figure D)

- Bend in the knee joints
 Let your elbows bend
 Bend as far as possible or STOP if pain is experienced

Return

Tighten your buttocks muscles
 Move in your hips throughout the return to an erect position
 Avoid swaying pelvis forward

Repetitions: _____



Level 2: Without hand support (see Figures E-F)

Reach toward the floor with your hands as you bend forward in the hip joints
 Continue as instructed in "Level 1: With hand support"

Repetitions: _____