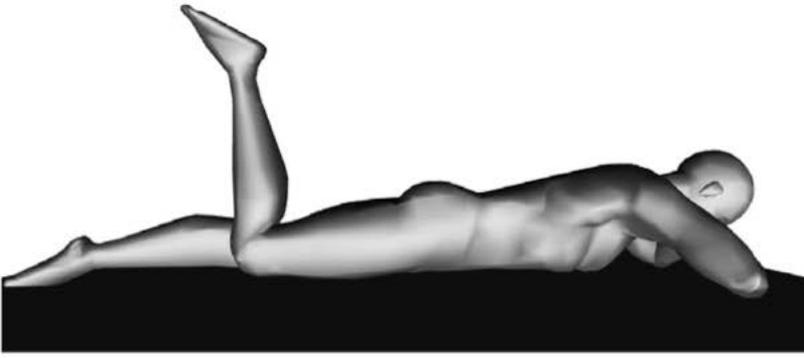
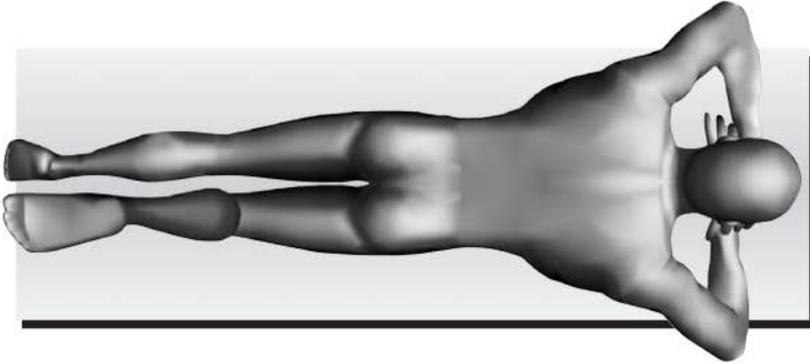
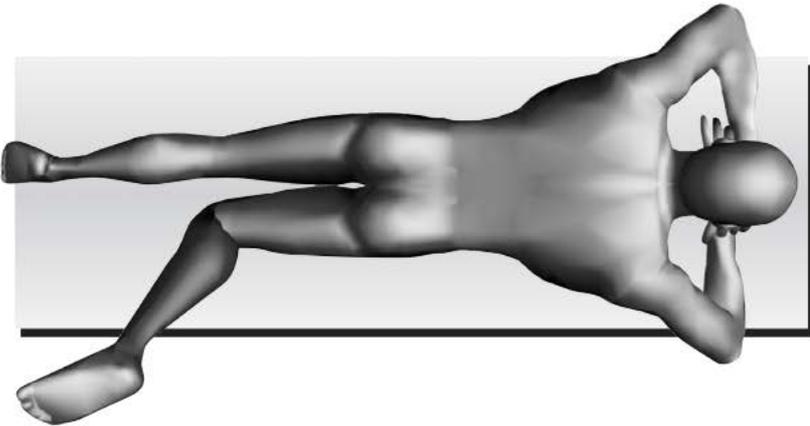
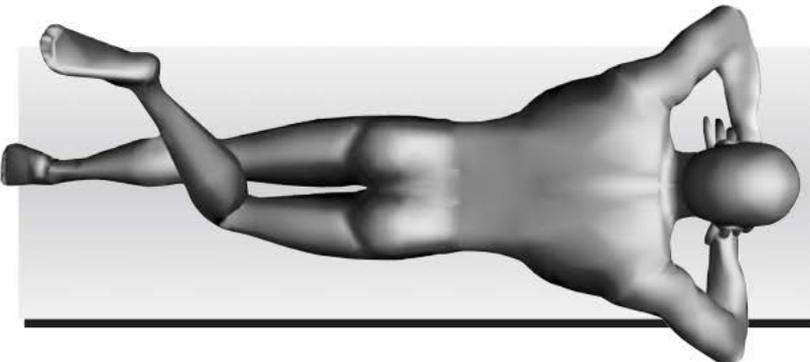


A**B****C****D**

Hip Rotation — Face-Lying Position (Figures A-D)

- Purposes:**
- To decrease the compensatory motion of the pelvis during hip motion
 - To improve the flexibility and stretch the hip rotator muscles
 - To improve the performance of the abdominal muscles

Starting position: Lay face down with legs straight and relatively close together.

- Method:** Perform variation if box is checked
- Place a pillow under your abdomen
 - Place your hands on your buttocks or on the bones on the front of your pelvis to monitor the movement of your pelvis
- Contract your abdominal muscles by “pulling your navel toward the spine”
- Bend your knee to 90 degrees (leg is vertical) (see Figure A)
- Rotate your hip by allowing your foot to move in toward your alternate leg (see Figure C) and then away from the opposite leg (see Figure D)
- Keep your pelvis still
- Repeat the motion _____ times with one leg
- Return to the starting position
- Repeat the motion with your alternate leg

Repetitions: _____