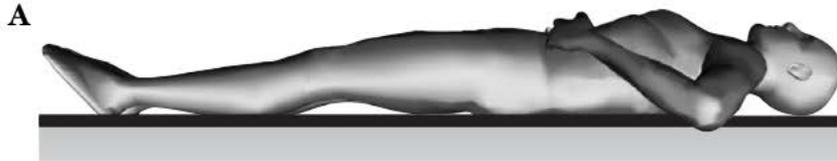


Hip and Knee Flexion With Sliding Heel From Hip and Knee Extension (Figures A-B)

- Purposes:**
- To improve the performance of the abdominal muscles in controlling pelvic motion
 - To stretch the hip flexor muscles

Starting position: Lie on the back with legs straight.



Method: Perform variation if box is checked

Place your hands on your abdominal muscles (i.e., outside of your abdomen between pelvis and ribs)

Contract your abdominal muscles by “pulling your navel to your spine”

Slide one foot along the table until your hip and knee are bent and your foot is resting on the table

Relax

Contract your abdominal muscles

Slide your foot down, returning it to the rest position

Repeat the movement with your alternate leg

Place a pillow under your upper back and head

Repetitions: _____