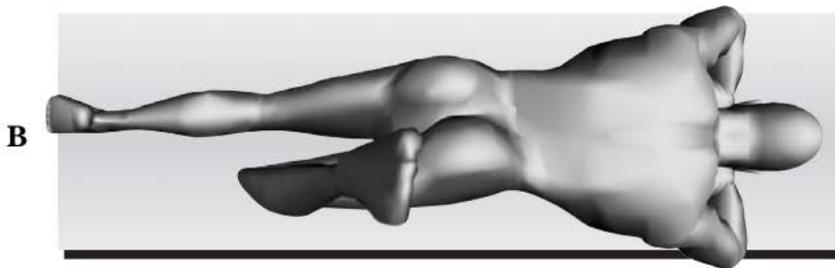


Hip Extension With Knee Flexed— Face-Lying Position (Figures A-B)

- Purpose(s):**
- To improve the performance of the gluteus maximus muscle
 - To stretch the hip flexor muscles
 - To improve the performance of the back extensor muscles
 - To improve the performance of the abdominal muscles

Starting position: Lie face down with legs extended and relatively close together.



Method: Perform variation if box is checked

- Bend your knee; if possible, let your leg rest on thigh to relax hamstring muscles
- Place your leg against the seat of chair or your foot against the wall
- Contract your abdominal muscles by “pulling your navel toward your spine”
- Contract buttock (gluteal) muscles to lift your thigh off the supporting surface
- Do not lift your thigh high (only 10 degrees of motion in this direction)
- Do not let your pelvis move
- Hold this position for 3 to 10 seconds
- Return to the rest position
- Place a pillow under your abdomen
- Place your fingers on the bones on front of your pelvis to monitor pelvic motion
- Repeat with your alternate leg

Repetitions: _____