

# CORRECTIVE EXERCISES

## PICTURE DEMONSTRATION GUIDE (HIP/PELVIS/LOW-BACK)

### 4.1 BALL BOUNCES



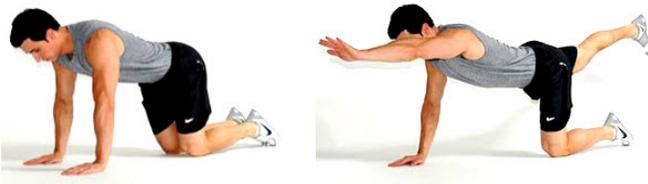
WHILE SITTING UP STRAIGHT, GENTLY BOUNCE UP AND DOWN ON THE BALL FOR 5 MINUTES. FEET SHOULD REMAIN FLAT ON THE FLOOR AND THE CURVE IN THE LOW BACK SHOULD BE MAINTAINED.

### 4.11 FIGURE 8'S



IN A SEATED POSITION, PLANT YOUR FEET WIDE TO PROVIDE BALANCE. MOVE YOUR PELVIS IN A FIGURE-8 MOTION OVER THE BALL, WHILE KEEPING THE UPPER BODY AS STILL AS POSSIBLE. PERFORM 5 FOR MINUTES.

### 4.12 BIRD DOG



BEGIN ON YOUR HANDS AND KNEES, LOOKING DOWN BETWEEN YOUR HANDS. LET THE LOW BACK SAG. EXTEND BACK ONE LEG WHILE REACHING WITH THE OPPOSITE ARM. KEEP YOUR CORE TIGHT. REPEAT ON OTHER SIDE.

### 4.13 PRONE HIP EXTENSION



LIE FACE DOWN WITH YOUR ARMS IN A COMFORTABLE POSITION. KEEPING THE LEG STRAIGHT, LIFT IT UP IN THE AIR AS HIGH AS YOU CAN. KEEP THE HIPS TOUCHING THE FLOOR AND DO NOT BEND THE KNEE. REPEAT ON OPPOSITE SIDE.

### 4.14 SUPERMANS



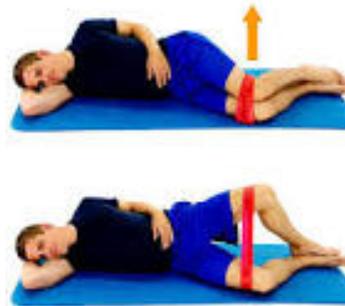
LIE PRONE WITH YOUR ARMS OUT IN FRONT OF YOU. KEEPING THE LEG STRAIGHT, LIFT IT UP IN THE AIR WHILE ALSO LIFTING THE OPPOSITE ARM. DO NOT BEND AT THE KNEE OR ELBOW. KEEP THE HIPS TOUCHING THE FLOOR. THIS IS A LOW BACK EXERCISE. REPEAT ON OPPOSITE SIDE AND ALTERNATE BACK AND FORTH ON EVERY REP.

**4.20**  
**CLAMS, SIDE LYING**



BEGIN SIDE-LYING WITH THE ARM SUPPORTING THE HEAD, KNEES BENT AND TOGETHER, AND ANKLES TOUCHING. WHILE KEEPING THE FEET TOGETHER, SEPARATE THE KNEES BY LIFTING THE TOP KNEE INTO THE AIR. YOU SHOULD FEEL THIS IN THE GLUTE AND OUTER LEG. PERFORM THE FULL SET BEFORE SWITCHING TO THE OTHER SIDE.

**4.21**  
**CLAMS, RESISTANCE BAND**



BEGIN SIDE-LYING WITH THE ARM SUPPORTING THE HEAD, KNEES BENT AND BANDED TOGETHER, AND ANKLES TOUCHING. WHILE KEEPING THE FEET TOGETHER, SEPARATE THE KNEES AGAINST THE RESISTANCE, LIFTING THE TOP KNEE INTO THE AIR. PERFORM THE FULL SET BEFORE SWITCHING TO THE OTHER SIDE.

**4.22**  
**CRAB WALKS**



TIE A RESISTANCE BAND AROUND THE ANKLES WHILE YOUR STANCE IS SHOULDER WIDTH. SQUAT SLIGHTLY AND SIDE-STEP FOR 2-3 WIDE STRIDES. THEN SIDE-STEP WITH THE OPPOSITE LEG TO BRING YOU BACK TO THE STARTING POINT. GO BACK AND FORTH SEVERAL TIMES, GOING SLOW TO KEEP YOUR BALANCE.

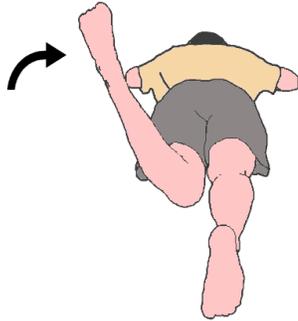
**4.23**  
**SIDE LYING LEG LIFTS**



BEGIN SIDE-LYING WITH THE ARM SUPPORTING THE HEAD. THE BOTTOM KNEE CAN BE BENT TO MAINTAIN BETTER BALANCE. WITH THE TOP LEG, KEEP THE KNEE STRAIGHT AND LIFT THE LEG AS HIGH AS YOU CAN. RELAX UNTIL THE FOOT COMES BACK TO THE FLOOR AND REPEAT. PERFORM THE FULL SET BEFORE SWITCHING TO THE OTHER SIDE.

### 4.24

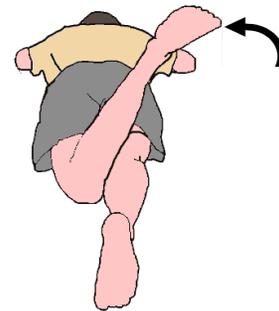
#### PRONE EXTERNAL ROTATION



LIE PRONE WITH YOUR ARMS IN A COMFORTABLE POSITION. BEND THE KNEE TO 90° AND LET THE FOOT FALL OUT TO THE SIDE. THE EXERCISE IS TO PULL THE LEG BACK UP INTO THE VERTICAL STARTING POSITION. NOTE THAT AS THE LEG COMES BACK UP, THE HIP JOINT ROTATES EXTERNALLY. ANKLE WEIGHTS SHOULD BE USED TO ADD RESISTANCE. PERFORM A FULL SET BEFORE SWITCHING TO THE OTHER SIDE.

### 4.25

#### PRONE INTERNAL ROTATION



LIE PRONE WITH YOUR ARMS IN A COMFORTABLE POSITION. BEND THE KNEE TO 90° AND LET THE FOOT FALL IN TO MIDLINE. THE EXERCISE IS TO PULL THE LEG BACK UP INTO THE VERTICAL STARTING POSITION. NOTE THAT AS THE LEG COMES BACK UP, THE HIP JOINT ROTATES INTERNALLY. ANKLE WEIGHTS SHOULD BE USED TO ADD RESISTANCE. PERFORM A FULL SET BEFORE SWITCHING TO THE OTHER SIDE.

### 4.3

#### GLUTE BRIDGES



LIE ON YOUR BACK WITH BENT KNEES AND FEET FLAT ON THE FLOOR. YOUR HEELS SHOULD BE JUST WIDER THAN SHOULDER WIDTH AND TOES TURNED OUT ABOUT 30°.

KEEPING THE UPPER BACK IN CONTACT WITH THE FLOOR, LIFT THE PELVIS IN THE AIR UNTIL THE SHOULDER, HIP, AND KNEE ARE IN A STRAIGHT LINE. HOLD 3 SECONDS, THEN LOWER YOURSELF DOWN.

### 4.31

#### GLUTE BRIDGES WITH PELVIC TILT



THIS IS A COMBINATION OF THE PELVIC TILT (EXERCISE 3.2) AND THE GLUTE BRIDGE (EXERCISE 4.3)

LIE ON YOUR BACK WITH BENT KNEES AND FEET FLAT ON THE FLOOR. TILT THE PELVIS TO FLATTEN THE LOW BACK CURVE AND WHILE HOLDING THIS POSITION, PERFORM A GLUTE BRIDGE. YOUR CORE SHOULD BE TIGHT AT ALL TIMES. REPEAT AS DIRECTED.