

# Pelvic Stability 1



**Hip Flexor Stretch:** From a kneeling lunge position, tuck hips under (posterior pelvic tilt) and flex glute muscle on side to be stretched. Shift hips forward to stretch the front of the hip. Raise arm on that side as well for deeper stretch.



**Clam:** Place the band around both just above your knee joint. While laying on your side, bend both knees to 90 degrees and flex the hips to about 30 degrees. Raise upper knee, keeping feet together. Maintain a neutral spine and keep hips stacked vertically. Hold position for prescribed duration.



**Side-lying Hip:** Lie on your side with your legs straight. Maintain a neutral spine, and align your hips and shoulders vertically to the floor. Raise your upper leg keeping foot parallel to floor and pushing back against wall. Hold position for prescribed duration.



**Fire Hydrant:** Position yourself in an all-fours position, elbows slightly bent. Maintain a neutral spine, with your trunk parallel to the floor. Maintaining this position, raise one leg out to the side, keeping hips parallel to the ground. Hold position for prescribed duration.



**Plank:** With both forearms on the floor, extend your legs away from your body. Your trunk should be parallel with the ground, knees raised off the floor. Focus on activating your trunk and glutes to maintain a neutral (natural) spine.

All exercises are static holds using a "mini-exercise band". The goal is to hold each exercise for 60 seconds per side.

Perform 1-2 rounds of each exercise, holding as long as possible, up to 60 seconds. Focus should be on gluteal activation. Co-contract abs to maintain neutral, braced spine.

Begin with the lighter band. When you can complete 1 round holding each exercise the full time, progress to the heavier band.

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