

Lower Abdominal Progression — Unilateral Hip Flexion (Figures A-B)

- Purposes:**
- To improve the performance of abdominal muscles (external obliques, rectus abdominis, transversus)
 - To learn to prevent lumbar spine motions associated with leg motion

Starting position: Bend your hips and knees with your feet on floor. Place your fingers on your abdominal muscles (i.e., outside of abdomen between pelvis and ribs).

Level 0.3: Lift one foot with alternate foot on floor

Method: Perform variation if box is checked

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

Lift one foot off the table

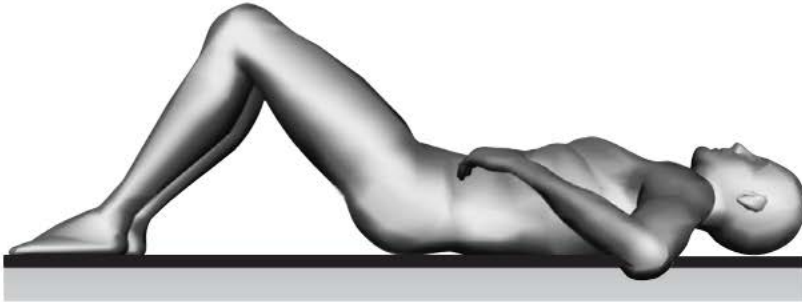
Maintain your abdominal contraction and lower your foot back to the table

If pain is experienced, push down into table with one foot, while lifting the alternate foot off the table

Use a pillow under upper back and head
Repeat the movement with your alternate foot

Repetitions: _____

A



B

