

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

- Purposes:**
- To improve the performance of the gluteus maximus and hamstring muscles
 - 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: Lying face down with legs straight and relatively close together.

Method: Perform variation if box is checked

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

To lift your entire leg off the supporting surface, think about turning your leg slightly outward as you contract your buttock (gluteal) muscle

Do not let your pelvis move

Do not lift your leg high (only 10 degrees of hip motion in this direction)

Hold position for a count of 3 to 10 seconds

Return your leg to the starting position

- Place pillow under abdomen
 - Place your fingers on the bones on the front of pelvis to monitor pelvic motion
- Repeat with your alternate leg

Repetitions: _____

