



A, Ideal



B, Hip drop

B



C, Knee turn inward



D, Shoulder leans

Single-Leg Stance: Unilateral Hip and Knee Flexion (Figures A-D)

- Purpose:**
- To improve the performance of the gluteal hip muscles
 - To improve the isometric control by the abdominal muscles
 - To prevent compensatory movements of the hip, pelvis, and spine
 - To prevent the thigh from turning inward

Starting position: Stand with both feet relatively close together to keep from shifting to the side of the stance leg.

Method: Perform variation if box is checked

Shift your weight to stance leg
Tighten your buttock muscle on the side of your stance leg

Lift your alternate thigh in front of your body while bending your knee

- Contract your abdominal muscles
- Keep your pelvis level
- Place your hands on your pelvis to monitor your movement
- Do not let your opposite hip drop (see Figure B)
- Do not let your knee turn inward (see Figure C)
- Do not let your shoulders lean to the side (see Figure D); keep your trunk still
- Do not let your ankle pronate (i.e., arch collapsed or turned in)

Repetitions: _____