

## Integration Notes:

Remember that the more you can integrate the movement into your daily routine the faster you will improve. Even more importantly you can use these integration "tweaks" to keep yourself moving forward when you can't be as diligent with the corrective movement itself as you would like.

- 1) Tense your abdomen when walking, if there is pain with walking then start by taking shorter steps.
- 2) Use a pillow under your knees when laying on your back and slowly decrease the height of the pillow
- 3) Practice Wall Squat motions when you have free time around the house or office
- 4) Get a massage! The muscles associated with this movement are your TFL, Gluteus Medius, Psoas, and Iliacus muscles.

1.



2.



3.



## Hip Extension while laying on your back



## Great For:

Runners  
Cyclists  
Dancers  
Cheerleaders  
Swimmers  
Anyone struggling with low back pain when they stand or lay flat, especially first thing in the morning.

## Goals:

To balance the muscles in the front of your hip with the muscles that support your spine and pelvis.

## Suggested Frequency:

10-15 repetitions 2-3X per day

## Test Out Qualifications:

You are ready to move on when you can comfortably straighten your leg all the way out onto the floor without movement of your spine or pelvis (Picture above is full range)