

Lisa M. Satalino, PT
415 Pinkster La.
Slingerlands, NY 12159
518-339-5792
crescentviewpt@yahoo.com
lisasatalino.com

Exercises for Improving Hip Angle and Big Back Arch

1. Hip Flexor Release using the 4 inch playground ball:
 - Place the ball about two inches to the side of your belly button. Lie on ball and hold for 30 seconds
 - Now Place the ball just under your ribs. (About 2 inches to the side of your midline.) Hold for 30 seconds.
 - Now Place the ball just above your pelvic bone. (About 2 inches to the side of your midline.) Hold for 30 seconds.
2. Hip Flexor Stretch:
 - Kneel on the floor with your back to the wall.
 - Place one leg so that your lower leg rests against the wall from the knee upward.
 - Do a pelvic tilt.
 - Make sure your hips are square.
 - Push hip forward on the side that is against the wall.
3. Pelvic Tilt with 4 inch ball or porcupine ball:
 - Lie on your back.
 - Place the 4 inch ball or the porcupine ball flat side up under your sacrum. (Lowest part of your back.)
 - Do a pelvic tilt by contracting your abdominal muscles and flattening your back. (**Bring the lowest part of your belly up to your belly button.**)
 - While maintaining the pelvic tilt, bring your thighs as close to the floor as you can.
4. Flat Backed Handstand:
 - Do a Handstand against the wall.
 - Walk your hands as close to the wall as possible.
 - Flatten your back against the wall by doing a pelvic tilt.
 - While maintaining your back against the wall try to flatten your entire leg against the wall.