



Bloomsbury Osteopathy

Hip and Leg Exercises

Strengthening of gluteals, hamstrings, low back and core

HIPS06

Function:

To maximise strength and stability at the hips, legs and low back by increasing the power, control and stability of the muscles.

Method:

Starting Position:

Lie on your back on a carpet or exercise mat. Place your feet on top of a firm exercise ball.

Action:

Firstly, engage/tighten the abdominal muscles. Then slowly and in a controlled manner lift your pelvis off the floor and hold for 10-15 seconds. Then slowly rest your pelvis back on the floor. The sets, repetitions and any external resistance is to be determined by your osteopath.

Notes:

Whilst your pelvis is off the floor attempt to tilt the ball from side to side using your feet by just a few inches. This will help strengthen your abdomen and back muscles.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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STRENGTHENING OF:
1. THE GLUTEI / BUTTOCK MUSCLES
2. THE HAMSTRINGS
3. THE LUMBAR / LOWER BACK MUSCLES
(HIPS06)

