

MARIN PHYSICAL THERAPY

Hip and Core Stabilization Training

____ Second hold, ____ Repetitions



Incorrect

Balance on one leg.
Maintain a level pelvis
using strength from the
gluteus medius (hip) on
the stance leg side.



Correct

Key: Maintain a level pelvis by tightening your “core” (stomach) and by tightening and tucking your rear (gluteus maximus).