

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: Your waist line should be level. Your weight can shift slightly to the stance leg side. However, on the stance leg side, your hip should be in line with the shoulder and foot on that side. i.e., Don't let your hips slide to the side.