

Hip Extension

Type: Strength

Muscle(s) Worked: Gluteals, hamstrings and hip flexors

Equipment Needed: none

INSTRUCTIONS:

1. Stand up straight and hold onto something at hip height
2. While keeping your body straight, lift your right hip straight back as far as you can lift it without your body moving (hip only)
3. Repeat for the number of repetitions and sets prescribed by your therapist.
4. While keeping your body straight, lift your left hip straight back as far as you can lift it without your body moving (hip only)
5. Repeat for the number of repetitions and sets prescribed by your therapist.

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