

Hip Rotations with Cones

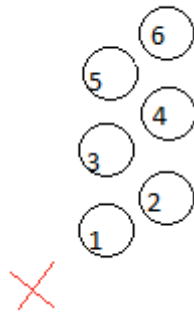
Type: Strength, neuro-muscular adaptation, balance

Muscle(s) Worked: Hip rotators, quadriceps, core muscles

Equipment Needed: Cones, tennis ball, or other similar sized ball, short bench or step approx mid thigh high.

INSTRUCTIONS:

1. You will need about 6 cones and a smaller ball.
2. Arrange the cones as the picture below



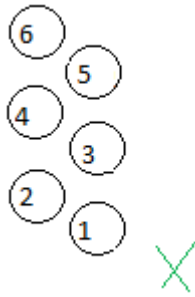
3. Stand on your right foot with the ball in your left hand. Put a little bend in her right knee.
4. Rotate at your right hip and place the ball on cone 1 and then rotate to stand back up
5. Rotate at your right hip and pick up the ball and then rotate to stand back up
6. Rotate at your right hip and place the ball on cone 2 and then rotate to stand back up
7. Rotate at your right hip and pick up the ball and then rotate to stand back up
8. Continue through each cone up to cone 6 and then return back down the cone to 1.

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9. Rearrange the cones as pictured below



10. Stand on your right foot with the ball in your left hand. Put a little bend in her right knee.

11. Rotate at your right hip and place the ball on cone 1 and then rotate to stand back up

12. Rotate at your right hip and pick up the ball and then rotate to stand back up

13. Rotate at your right hip and place the ball on cone 2 and then rotate to stand back up

14. Rotate at your right hip and pick up the ball and then rotate to stand back up

15. Continue through each cone up to cone 6 and then return back down the cone to 1.

16. Return back to the first cone arrangement and repeat again