

**FIGURE 43**  
**ANTERIOR INNOMINATE SELF-CORRECTION**  
**(RIGHT)**

Lying supine with the left leg straight and active, flex the right hip and grasp with both hands below the knee, bringing the right leg into flexion and slight abduction.

Without allowing the leg to move, attempt to extend the right hip and contract for 4-5 seconds.

Relax and bring the leg further into flexion and slight abduction.

Repeat \_\_\_\_\_ times.

