

FIGURE 44
POSTERIOR INNOMINATE SELF-CORRECTION
(RIGHT)

Lying supine at the edge of a table or bed, grasp below the left knee with both hands and bring the left knee towards the chest.

Slowly drop the right leg off the side of the table.

Actively contract the gluteus or buttocks muscle on the right side in an attempt to further extend the right hip.

Hold for _____ seconds. Repeat _____ times.

