




## Pelvic Balancing for a Rotation

<p><b>Right Anterior Rotation:</b></p> 	<p>Lie on your back with your left knee <b>slightly</b> bent (rest left foot against the wall). Place your right foot on your left thigh, just above your knee. Slowly push your right foot into your left leg while slowly pulling your left leg toward you. Your left foot should stay in contact with the floor.</p> <p><b>NOTE:</b> This is not a maximal contraction, but more like 50%.</p> <p>Hold for 5 seconds. Repeat 5 times.</p>
<p><b>Left Anterior Rotation:</b></p> 	<p>Lie on your back with your right knee <b>slightly</b> bent (rest right foot against the wall). Place your left foot on your right thigh, just above your knee. Slowly push your left foot into your right leg while slowly pulling your right leg toward you. Your right foot should stay in contact with the floor.</p> <p><b>NOTE:</b> This is not a maximal contraction, but more like 50%.</p> <p>Hold for 5 seconds. Repeat 5 times.</p>
<p><b>Adductor Squeeze:</b></p> 	<p>Always end with an adductor squeeze. Lie on your back with your knees bent. Place foam roller or ball (12" or larger) between your knees. Squeeze equally and firmly.</p> <p>Hold for 5 seconds. Repeat 5 times.</p>