Left Sidelying Left Flexed FA Adduction with Right Extended FA Abduction and Left Abdominal Co-Activation

1. Lie on your left side and place a 2-3 inch bolster under your left abdominal wall and 1-2 pillows under your head so that your neck is slightly sidebent to the right.
2. Place a crate or a stool that is about 13 inches in height under your right ankle and bend your left knee. Your right ankle, hip and shoulder will be lined up.
3. Inhale through your nose and as you exhale through your mouth, reach down toward the wall with your right leg.
4. Push your left hip down firmly into the mat and try to arch your left abdominal wall. You should feel your left abdominal wall engage as you lift up away from the towel roll.
5. With your left abdominal wall engaged and your right leg reaching down, push the outside border of your left foot down into the mat and “turn” your left knee up. You should feel your left inner thigh and left outer hip (buttock) engage.
6. With your left inner thigh engaged, attempt to pick your right foot off of the stool with your foot turned out to the side. You should feel your right outer hip (buttock) engage.
7. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
8. Relax and repeat 4 more times.