

Erbst OrthoSport



Reverse Plank

Lay on your back with your heels on a 6-7 inch step or 6" foam roller, toes turned out. Posteriorly rotate your pelvis, contract your gluteal muscles and lift your hips off the mat (maintain pelvic position). Hold for 30 seconds or 3-4 deep breaths.

To advance, perform as above, keeping your pelvis level, raise one leg off the step approximately 6 inches, and hold this position for 30 seconds or 3-4 deep breaths. Then return to start position and raise opposite leg for same duration. Also, attempt to gradually bring feet back into neutral position (toes pointing to ceiling).

Repeat _____ times, _____ times per day.

Erbst OrthoSport Physical Therapy

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