

Erbst OrthoSport



Side Plank on Knees

Lie on LEFT RIGHT side with feet together, knees bent at 90 degrees. Elbow should be under shoulder. Perform posterior pelvic tilt (tuck pelvis under). Pelvis should be in line with knees and shoulders. Lift pelvis off floor so that only forearm and knees are supporting body. Be sure that your hips stay in line with your trunk. Don't allow them to drift forward or backward.

Hold _____ seconds.

Perform this exercise _____ times each DAY WEEK.

Erbst OrthoSport Physical Therapy (919) 612-1673
www.erbstorthosport.com