

A photograph showing a person in a white lab coat using a goniometer to measure a patient's hip. The scene is dimly lit with a blueish tint. The person's hands are visible, holding the goniometer against the patient's hip. The patient is lying on a table covered with a white sheet. The text is overlaid on the image.

Híp Protocol
Exercíses and Technique Work
Photographs & Vídeos (slídes 22-30)

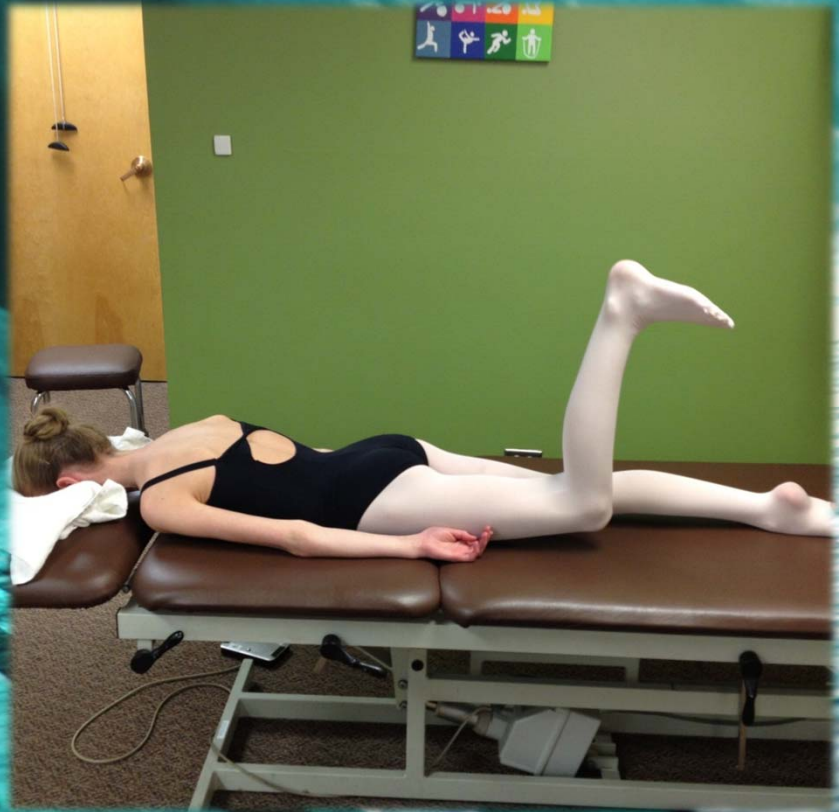
Dr. Emily Becker, PT

Prone Glute Lift

Start Position

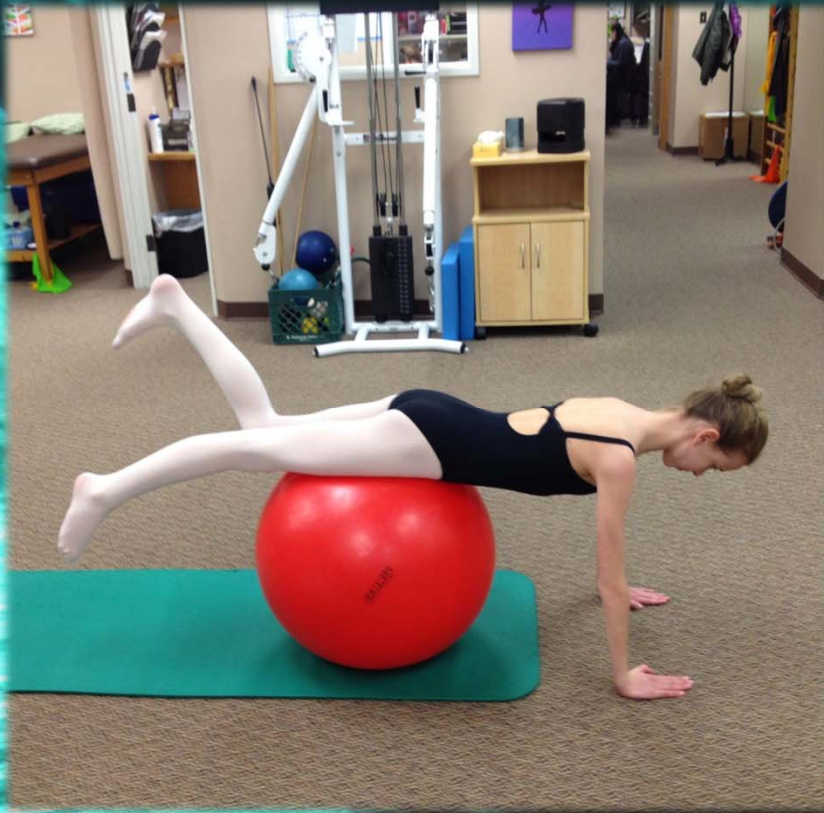


Finish Position

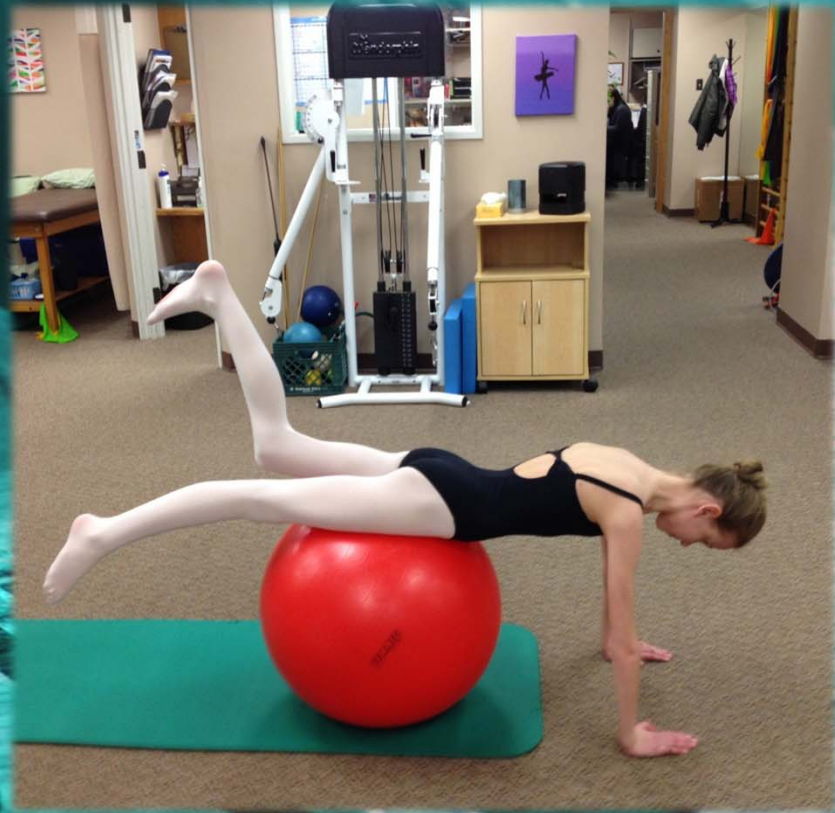


Ball Glute Lift

Start Position

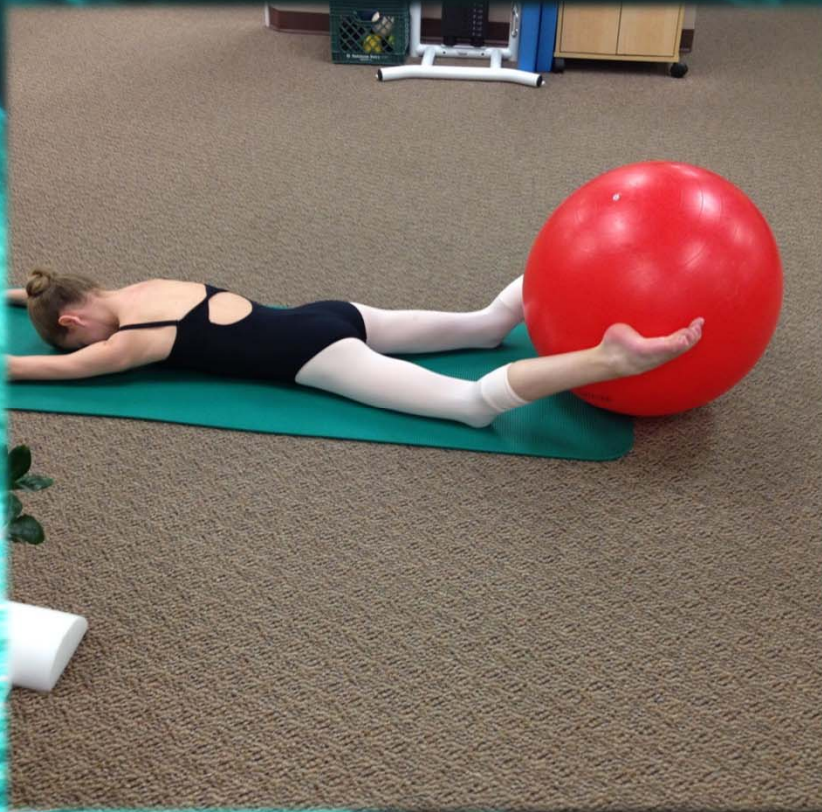


Finish Position



Supermans

Start Position



Finish Position



Frogs

Start Position



Finish Position



BOSU Bridges

Start Position



Finish Position



1/2 Foam Roll - Heel/Toe Raises

Start Position



Finish Position



Hamstring Slides (HS) - Quadruped

Start Position



Finish Position



Bike Position

Start Position



Finish Position

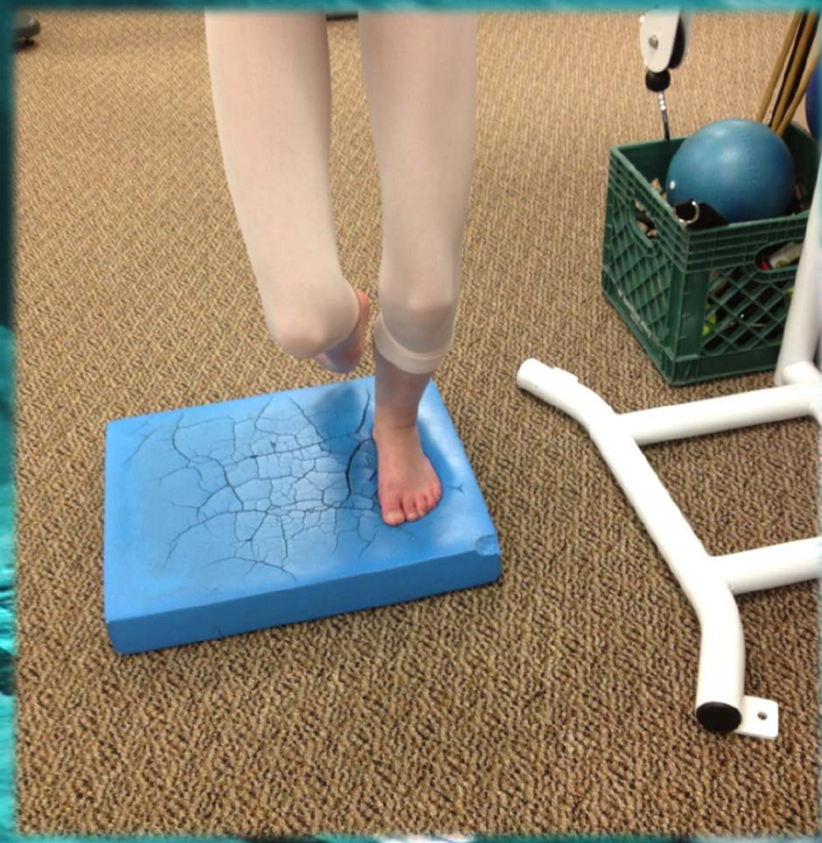


Single Leg Squat on Foam Without valgus Alignment (LE)

Start Position



Finish Position



Stool Slides (ER-ABD)

Start Position



Finish Position



Plié in First (Anteversión)

Start Position



Finish Position



Correct Lower Extremity Alignment With Anteversion (ER-Neutral)

Start Position



Finish Position



Tendu on Forced Arch

Front (devant) Position



Back (derriere) Position



Correct Position - Derrière

Forced Arch Position



Flat Position



Glute 3 Ways Hydrants

Start Position



Finish Position

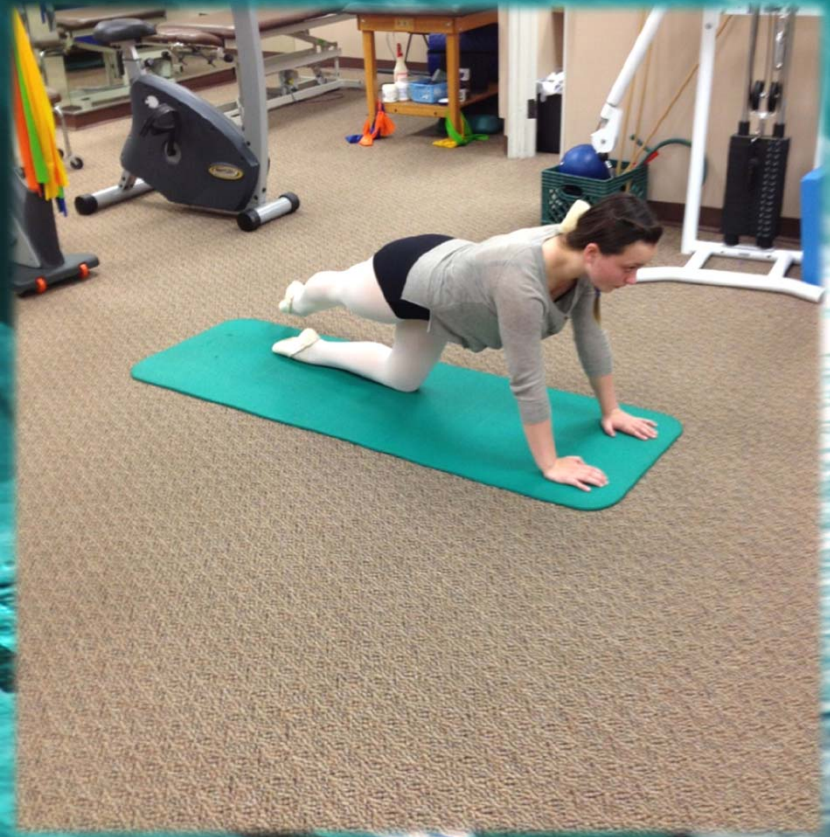


Glute 3 Ways Rainbows

Start Position

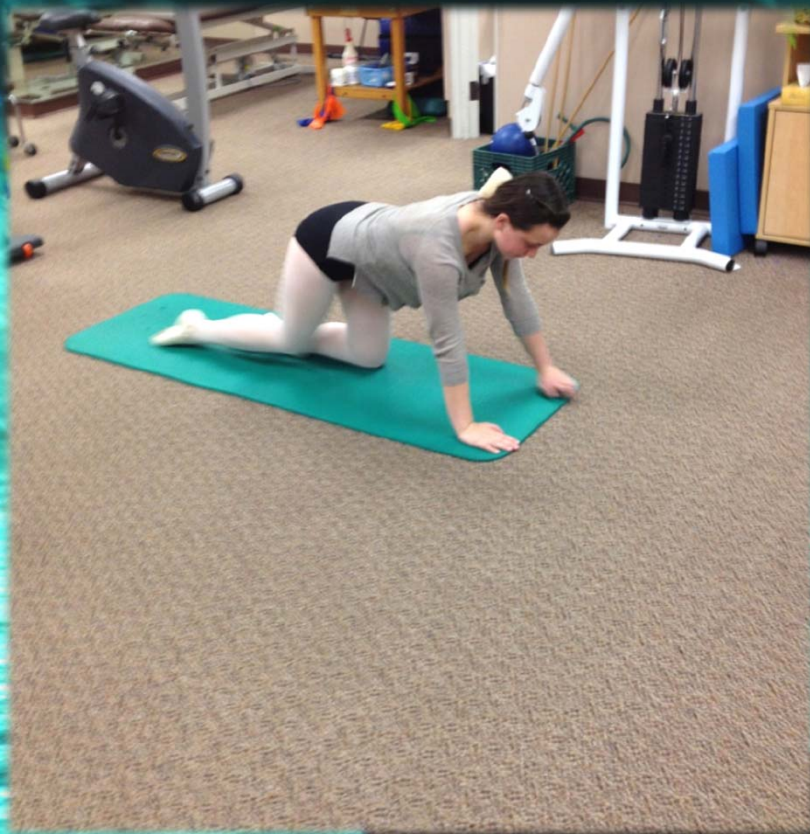


Finish Position

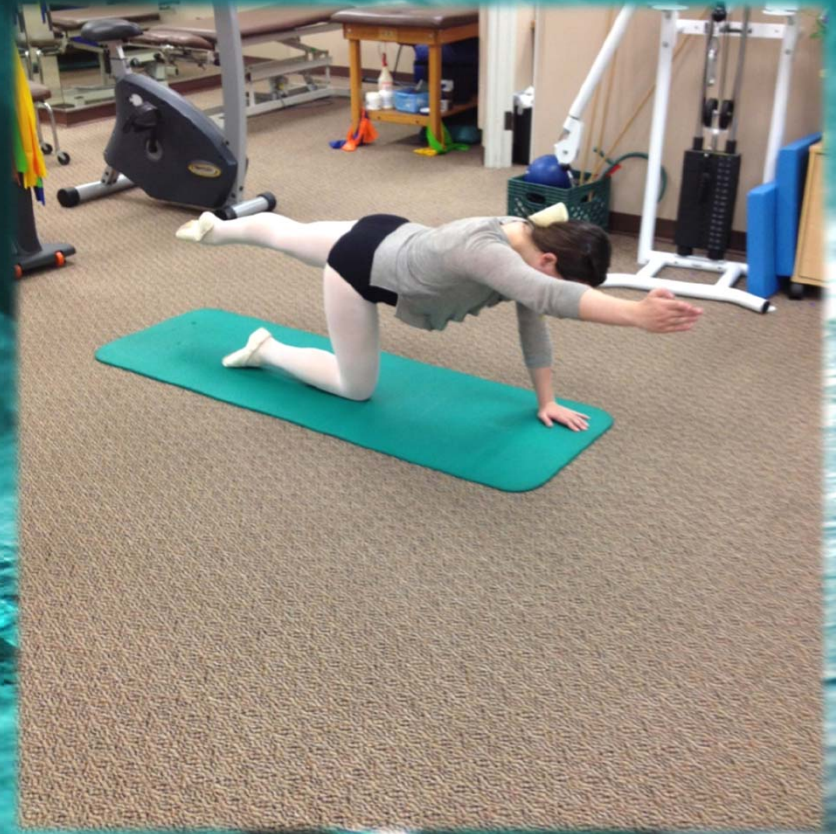


Glute 3 Ways Bird Dogs

Start Position

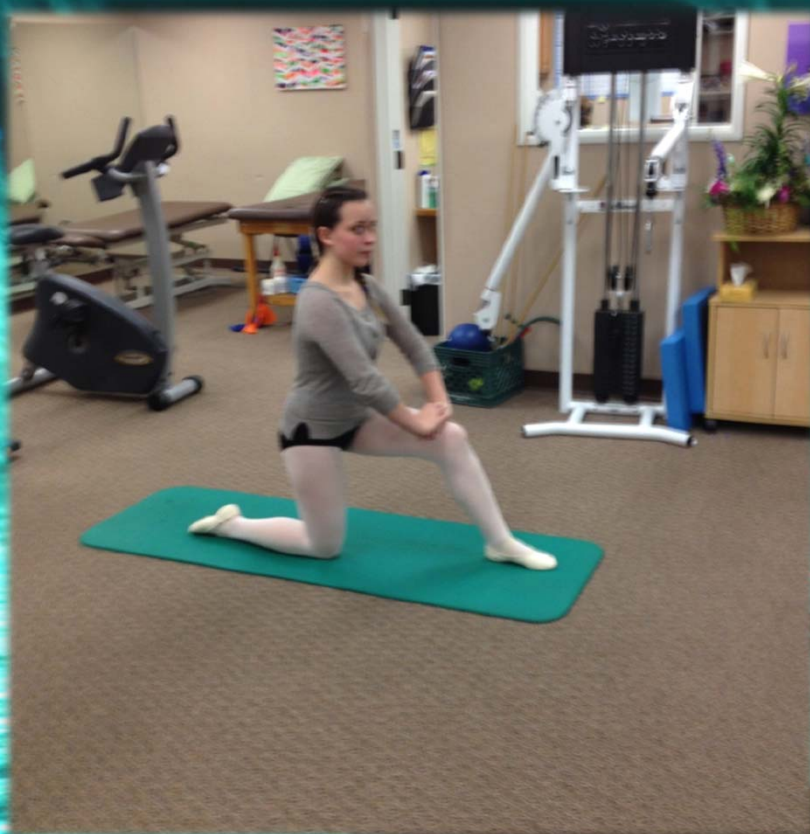


Finish Position



Kneeling Hip Flexor Stretch

Start Position

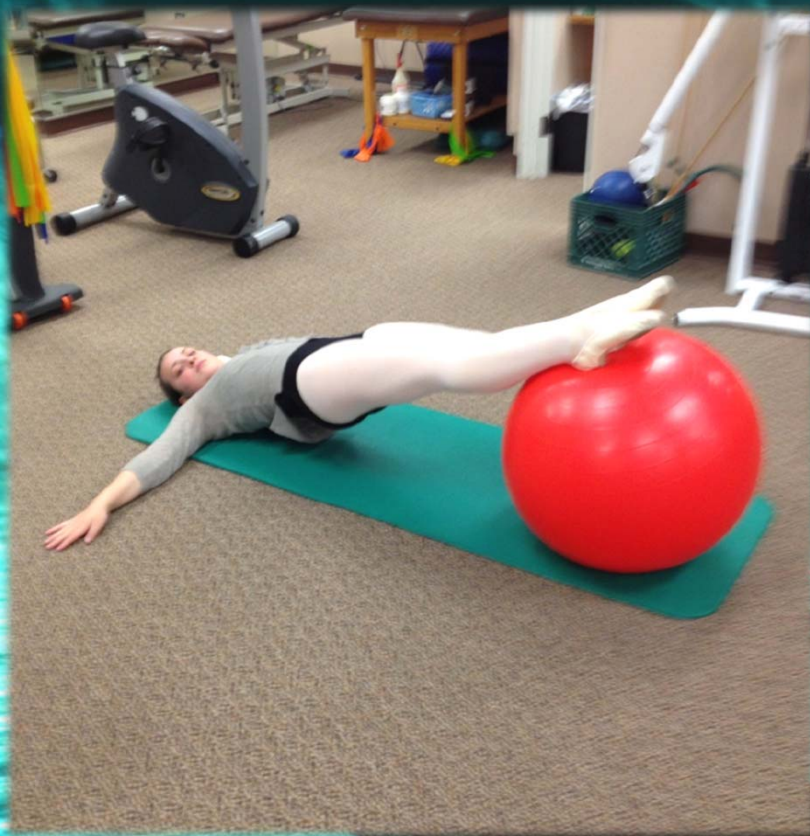


Finish Position



HS Bridge Pull-Ins

Start Position

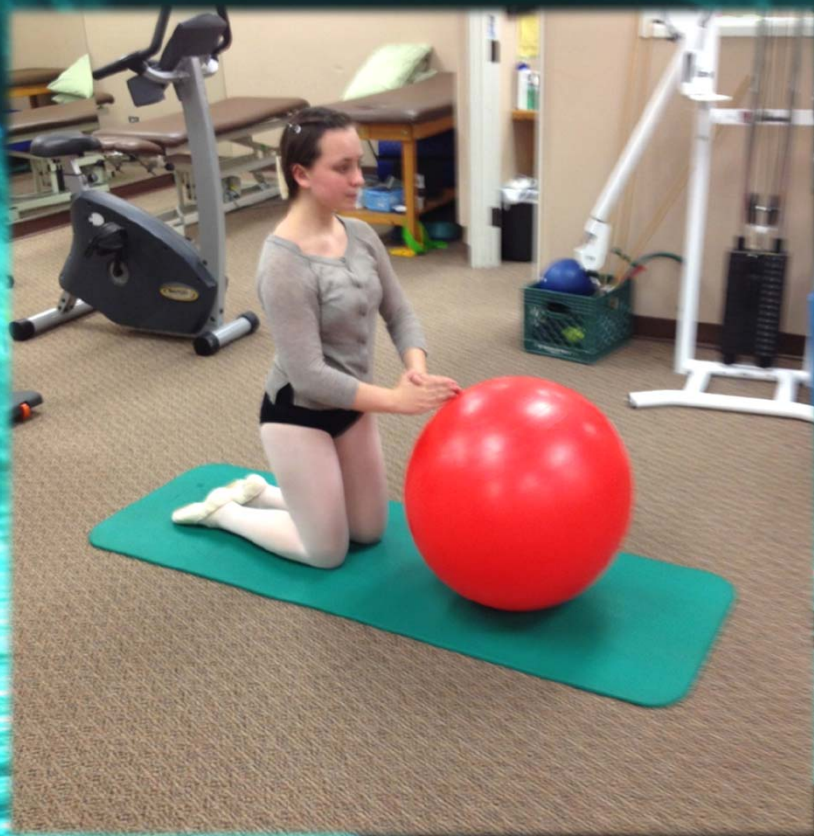


Finish Position



Timbers

Start Position



Finish Position (Increased Ab Pull - this is too much arch)



Planks

Front



Side



Tendu En Croix



Tendu En Croix from Fifth



Ronde de jambe (1/2)



Full Ronde de jambe



Fondu En Croix



Frappe En Croix



Grande Battement En Croix



Releve in First





- Copyright 2013

- Please do not use without the express written consent of the author:

emshreve@yahoo.com/804-221-1273