

# Hip Self-Correction

If your hip doesn't rotate inward, this exercise will help that motion.

Example, for right leg

1-Sit, with your right heel against the leg of a chair, as pictured (or bring your chair to the wall, and put your heel against wall)

2- Use your hand against your right knee to provide resistance to push against. You could put a ball between your knees to push against.

3- Now, push outward with your heel against chair leg or wall. At the same time, push inward against the resistance of your hand.

*The action is at the hip, you are rotating the hip inward.*

4- You can do this as an isometric, no motion,

Or, you can push inward 2-4 inches against resistance, and then repeat.

Repeat 4-10 times, it is an endurance and reset exercise.

Do 1-3 times per day, especially after anything that irritates your hip, such as prolonged sitting.

