

## Exercise Prescription: Touch the Wall with Stick

### Purpose of Exercise:

To begin to learn the hip hinge movement pattern emphasizing proper spinal alignment.

### Self-Check

Active Straight Leg Raise

### Starting Position:

Standing one of your foot lengths from the wall. Feet are shoulder width apart, toes may be pointed outward but must be symmetrical. Place a dowel/broom handle along your spine as shown, it should maintain contact with the back of your head, between the shoulder blades, and at your tailbone throughout this exercise.

### Exercise Description:

From the starting position, reach back and touch the wall with your glutes. Focus on keeping your knees from shifting forward over the feet. Make sure to maintain the three points of contact with the broom handle/dowel.

If you can successfully complete this, move the feet 1 more inch away from the wall and try again. Keep moving forward until you reach the farthest point where you can successfully reach the wall without falling backwards.

At this point, practice the hip hinge. Switch arm position halfway through this exercise. Breathe in while reaching backwards towards the wall, exhale on the way up against a stiff core.

### Pictures:

