



Supine Abductor Squeeze

Purpose:

Helps to correct and stabilize twisted pelvis contributing to unlevel hips.

Benefit:

Able to achieve level hips in standing and improves ability to achieve ideal posture at address.

Instructions:

Lie on back, hold basketball or similar sized firm object between knees, and squeeze the ball with as much force as you are able to produce.

Quantity:

Squeeze and hold for _____ breaths, repeat one time.

