

Hanging Stance Variations



Standing tall with weight on one leg, position hip, knee, and foot all in one line. Then you will slightly bend the knee and hip to load the foot properly, keeping equal points of support on the foot (big toe, little toe, and heel). Then bow or lean your whole body forward (neutral spine) to load the hip stabilizing muscles (glutes). You can do this without any support to load the structures or you can perform this next to a wall with an exercise ball or even a pillow to provide resistance for the knee to press outward into the support. This will increase the load on the glute muscles to improve overall hip stability. If pressing outward against an object, be sure to have the 3 points of support on the foot.



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