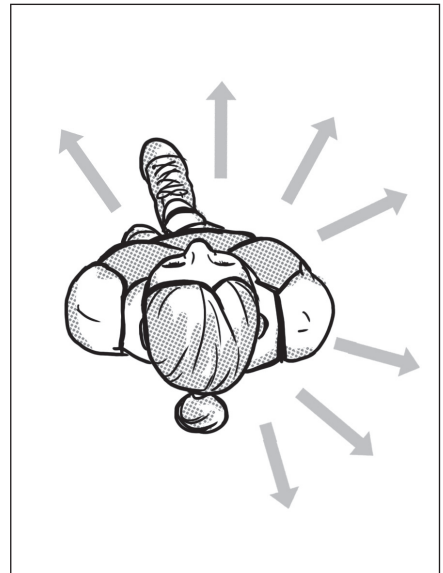


# SUN EXERCISE

HIP AND LOW BACK STRENGTHENING / POSTURE AND BALANCE TRAINING

NAME \_\_\_\_\_ DATE \_\_\_\_\_ PERFORM \_\_\_\_\_ TIMES EVERY \_\_\_\_\_ DAY / WEEK

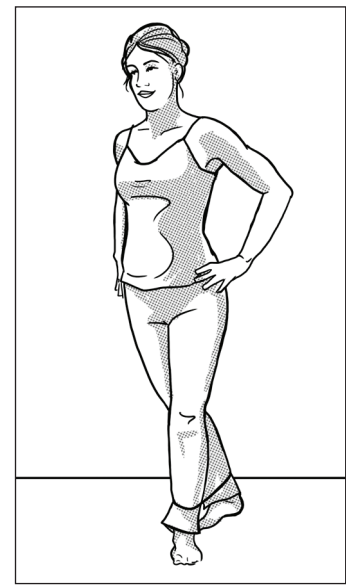


## STEP 1

Position the theratubing around your ankles. Stand with "string" posture and on one leg. Start with the moving leg positioned in front of and across the standing leg.

## TOP VIEW

Move the leg outward and in a circle (like a sun with rays coming out from it).



## DIAGNOSTIC:

As you perform this activity, look for pain, weakness, or lack of balance on either the moving leg or the standing leg. The pain can be anywhere from the low back down.

If you notice a difference in a certain angle, test the same direction with the leg rotated in and then out.

## EXERCISE:

Work only the directions or diagonals with or without rotations that are weak or uncoordinated. If there is pain, talk with your therapist about how to alter the exercise.