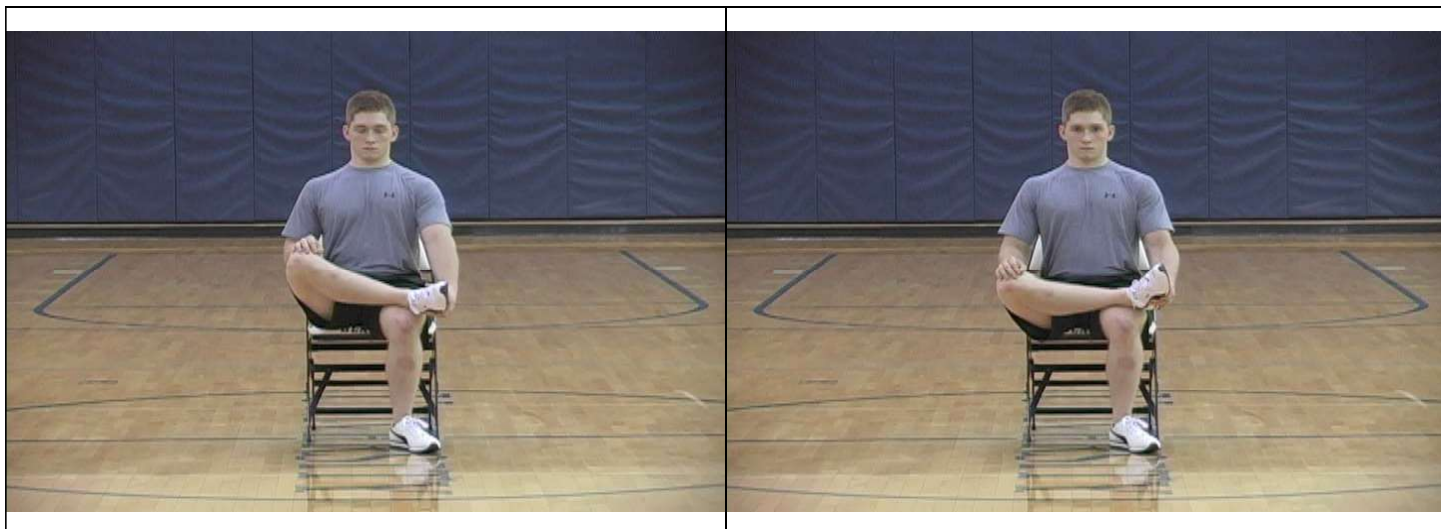


5.1 – SEATED 90/90 MOBILIZATIONS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve hip external rotation mobility.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Sit on a chair or bench, and move to the edge so that only your glutes and upper thighs are supported. ▪ Lift your chest and sit up tall, setting a small arch in your lower back. ▪ Take your right ankle and place it on your left knee.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Use your right hand to slowly press down on your right knee, while using your left hand to pull up on the foot. ▪ Hold for a one-two count, and then relax.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ This is a mobilization, not a stretch. Hold for a one-two count, and then relax. ▪ Ease into the movement, and never move into pain. ▪ Keep the chest up and a small arch in the lower back throughout.