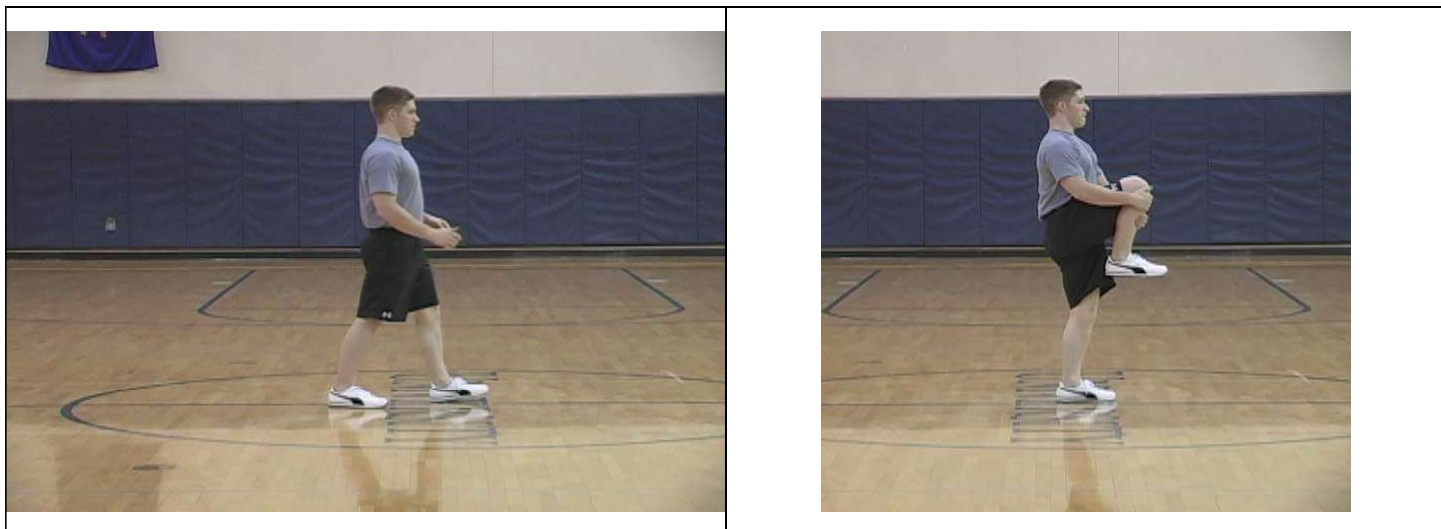


1.2 – HIGH KNEE WALK



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve unilateral hip flexion mobility, while integrating stability from the opposite foot and hip.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand up tall; think about a rope pulling your head and body upwards to lengthen you.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Take a step forward; while stepping, flex your right hip and knee. ▪ Grab your shin and pull your knee to your chest. ▪ Relax and repeat on the opposite leg.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Focus on keeping your chest up and back flat throughout. ▪ Don't allow the chest to cave, or the lower back to round.