

5.4 – SPLIT-STANCE HIP SWIVELS



<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"> ▪ Set-up on all fours on the floor, and then put one leg directly out to the side with the knee straight. ▪ The chin should be tucked and the lower back arched.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Drive hip internal and external rotation by rolling back and forth between your heel and toes on the outside foot. ▪ Hold at the end range of each direction for a count of one-one-thousand. ▪ We typically perform this exercise for time versus reps.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Maintain neutral spine throughout with the chin tucked and lower back arched. ▪ Rotate from the hips and not the lumbar spine. Use the toe motion to drive hip motion.