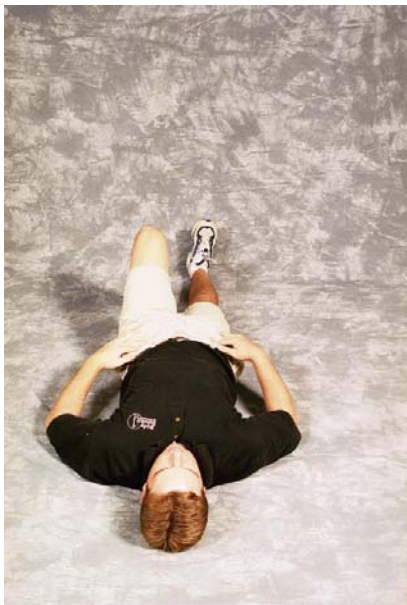


# STRAIGHT KNEE/HIP ROTATION (SUPINE) WITH STABLE PELVIS



18 A: Neutral



18 B: Internal



18 C: External

**Purpose:** Improve internal/external hip rotation while leg is in straight position.

**Benefit:** Increase hip rotation potential in backswing and hip release in downswing/follow through.

**Instruction:** Lay flat on back with one leg in bent position. Place both hands on top of pelvis, turn straight leg in/out. You should not rotate pelvis, just your leg.

**Quantity:** Hold position \_\_\_\_\_ sec., \_\_\_\_\_ reps, \_\_\_\_\_ sets.