



Bent Knee Hip Rotation (Supine) With Stable Pelvis

Purpose:

To improve range of motion of hip capsule.

Benefit:

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

Instructions:

Lie flat on back with one leg in bent position. Place both hands on top of pelvis, move bent leg outward toward floor. Then return leg to starting position.

Quantity:

Hold _____ minutes _____ reps _____ set(s)

