



## Straight Knee/Hip Rotation (Supine) With Stable Pelvis



### 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.

### Instructions:

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.

