1. **Ankle Dorsiflexion Self-Mobilization**
   - BELOW BONY PROJECTIONS!!!
   - Repeat 12 Times
   - Hold 5 Seconds

2. **Ankle Dorsiflexion Self-Mobilization**
   - ABOVE BONY PROJECTIONS!!!
   - Repeat 12 Times
   - Hold 5 Seconds

3. **Hip Flexion Self-Mobilization**
   - KEEP BACK AND PELVIS FLAT!!
   - HIGH UP IN THE GROIN AREA!!
   - PULL KNEE TO CHEST!!!
   - Repeat 12 Times
   - Hold 5 Seconds

4. **Hip External Rotation Self-Mobilization**
   - KEEP BACK AND PELVIS FLAT!!
   - HIGH UP IN THE GROIN AREA!!
   - KEEP STRETCHED LEG PASSED OTHER LEG!!!
   - Repeat 12 Times
   - Hold 5 Seconds

5. **Hip Flexion Self-Mobilization**
   - KEEP BACK AND PELVIS FLAT!!!
   - HIGH UP IN GROIN AREA!!
   - REACH BACK WITH UN AFFECTED LEG UNTIL GLIDE IS FELT!!!
   - Repeat 12 Times
   - Hold 5 Seconds

6. **Hamstring Stretch & Self-Mobilization**
   - KEEP BACK AND PELVIS FLAT!!!
   - KEEP AFFECTED LEG STRAIGHT!!!
   - MOVE HANDS BACK UNTIL GLIDE IS FELT!!!
   - HIGH UP IN GROIN AREA!!!
   - Repeat 12 Times
   - Hold 5 Seconds

7. **Hamstring Stretch & Self-Mobilization**
   - KEEP BACK AND PELVIS FLAT!!
   - REMAIN UP RIGHT AND SINK HIP BACK!!!
   - HIGH UP IN THE GROIN AREA!!
   - Repeat 12 Times
   - Hold 5 Seconds
### Banded Pre-Squat Mobilizations

- **HIGH UP IN GROIN AREA!!**
- **KEEP BACK AND PELVIS FLAT!!**
- **REACH INSIDE TO TOUCH INSIDE ANKLE WITH ELBOW OR HAND!!!**

**Repeat 12 Times**
**Hold 5 Seconds**
**Perform 2 Time(s) a Day**

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### Hip Extension Self-Mob w/ Band

- **HIGH UP IN GROIN AREA!!!**
- **KEEP BACK AND PELVIS FLAT!!**
- **LEAN FORWARD TILL FRONT OF HIP GLIDE IS FELT!!!**

**Repeat 12 Times**
**Hold 5 Seconds**

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### Shoulder Internal Rotation Self-Mobilization

Find a place to anchor your band so it will not let go and place your shoulder through the band. Make sure the band is applying a backwards force to the shoulder as you pull your arm into internal rotation using a strap/scarf/towel with the opposite arm.

**Repeat 12 Times**
**Hold 5 Seconds**

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### Self shoulder mobilization (posterior glide with external rotation)

You may need help with this setup.

First laying at the edge of a surface (bed, couch, table) then place your elbow on another surface. You will want the elbow higher in altitude than your shoulder by an inch or two.

Also the elbow should be lower (toward the feet) than the shoulder by 2-3 inches.

A strap will go on the arm just below the shoulder joint. Make sure it is comfortable and not pinching anything or making the arm cold or numb. Add a weight to the strap, usually 6-10 pounds causing a downward pull.

Then slowly rotate the arm back (up) until tight, slowly oscillate in the tight range a few times then rest and repeat. This should NEVER be painful or uncomfortable.

**Repeat 30 Times**
**Complete 1 Set**

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### Inferior glide- shoulder self mobilization

Sitting with elbow supported on a solid surface so shoulder is positioned out to the side at an 80 degree angle.

Attach a weight to a theraband and slide over shoulder. Theraband should be positioned just lateral to the acromion process (bony prominence).

Following the pull of the weight push your upper arm bone down toward your armpit. Keep your trunk tall.

**Repeat 12 Times**
**Hold 5 Seconds**

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### GHJ posterior glide mobilization (adduction)

- **HIGH UP IN ARM-PIT!!!**
- **PULL ARM ACROSS CHEST!!!**
- **ROTATE HIPS TOWARDS BAND FOR BIGGER STRETCH!!!**

**Repeat 12 Times**
**Hold 5 Seconds**

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