



Lower Body Mobility Course

This course was designed as a practical guide to help restore local mobility within the key joint complexes of the lower body.

This course will serve as both an educational platform to help you learn more about how each joint segment of the lower body interacts to promote mobility, as well as a step by step guide to help you improve joint range of motion with movements that we use clinically everyday.

This course offers over 60+ movement strategies designed to not only increase joint range of motion, but also to improve how these joints coordinate with each other to have greater carryover to real world movement.

Lower Body Mobility

- Our step by step mobility framework
- What contributes to local joint limitations
- Local mobility & global load sharing of the lower body
- How to progress & regress by manipulating joint segments
- Key programming features

Mobility exercises

- **Rib cage flexion**
 - 3 mobility progressions
- **Rib cage extension**
 - 2 mobility progressions
- **Pelvic extension**
 - 8 mobility progressions
- **Pelvic flexion**
 - 5 mobility progressions
- **Pelvic rotation**
 - 5 mobility progressions
- **Femoral internal rotation & adduction**
 - 4 mobility progressions
- **Femoral external rotation & abduction**
 - 5 mobility progressions

- **Knee flexion**
 - 5 mobility progressions
- **Knee extension**
 - 3 mobility progressions
- **Ankle dorsiflexion & foot pronation**
 - 6 mobility progressions
- **Ankle plantar flexion & foot supination**
 - 6 mobility progressions