


Core Stability of the Hip

Mobility & Muscle Imbalances

with **Bill Hartman, PT**



www.BillHartman.net

About Me

Bill Hartman

- Physical Therapist
- Sports performance coach
- Indianapolis, IN
- Over 20 years experience
- Indianapolis Fitness and Sports Training
- BillHartman.net




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Webinar Objectives



- Part 1 – What is Mobility?
 - Why is Mobility so Important?
 - Who Should and Should NOT be Doing Mobility Exercises?
 - Areas of the Body Where We Lose Mobility?
- Part 2 – Exercise Considerations for Improved Mobility
 - Thoracic
 - Hip
 - Ankle





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What is Mobility?

- What is Mobility?
- The ability to achieve the desire posture or movement
- Context dependent
- Interacts with stability
- Not range of motion








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What is Mobility?




Cook, G. Voight, M. *Essentials of Functional Exercise: a four-step clinical model for therapeutic exercise prescription*. In, *Musculoskeletal Injuries: Techniques for Therapeutic Exercise*. McGraw-Hill Companies, Inc. Pg. 449.




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Why is mobility so important?



- Athlete
- Fit Client
- General Public
 - Same demands
 - Relative intensity




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Who Should and Should NOT be Doing Mobility Exercises?


- Everyone
- Adjust method
- Adjust intensity



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Areas of the Body Where We Lose Mobility?




- Anywhere
- Ankle
 - Knee
- Hip
 - Lumbar Spine
- Thoracic Spine
 - Shoulder

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Thoracic Mobility

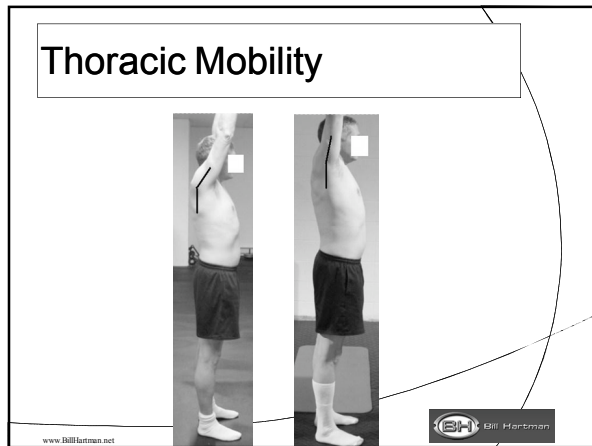


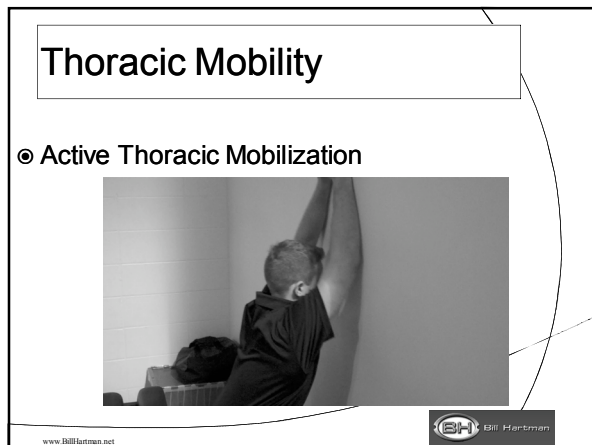
- Thoracic Mobility
 - Passive Extension
 - Rib mobility

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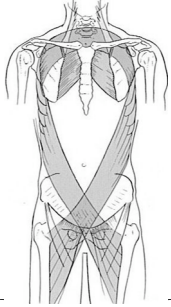
Thoracic Mobility

Spinal Level	Degrees of Rotation
T1-2	9
T2-3	8
T3-4	8
T4-5	8
T5-6	8
T6-7	8
T7-8	8
T8-9	7
T9-10	4
T10-11	2
T11-12	2
T12-L1	2
L1-2	2
L2-3	2
L3-4	2
L4-5	2
L5-S1	0-5

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Thoracic Mobility





© Thoracic Mobility

- Rotation Extension

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Thoracic Mobility




© Thoracic Mobility

- Adduction
- Internal Rotation
- Extension

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Hip Mobility



© Hip Mobility


- Adduction
- Internal Rotation
- Extension

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Hip Mobility




- Hip Mobility
 - Adduction
 - Internal Rotation
 - Extension

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Hip Mobility



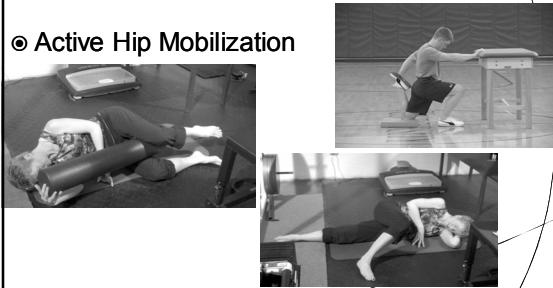
- Hip Mobility
 - Adduction
 - Internal Rotation
 - Extension

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Hip Mobility

- Active Hip Mobilization




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Ankle Mobility





- Ankle Mobility
 - Passive
 - Mechanical Elongation



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What Can Assist in Improving Ankle Mobility

- Soft-tissue mobilization
- Self-joint Mobilization
- Anterior Compartment Strength



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What Can Assist in Improving Ankle Mobility






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Ankle Mobility



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Wrapping Up




- ◎ Keys to Remember
- ◎ Adapt to the client
- ◎ Mobility/Stability
- ◎ Passive/Active

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More Information on Mobility Exercises



- ◎ Assess and Correct DVDs
 - www.AssessAndCorrect.com
- ◎ Inside-Out DVD
 - www.Inside-Out-Warm-Up.com

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Thank You

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- Facility - www.ifastonline.com



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