

HEELCURVE HOCKEY

90/90 HIP ROTATIONS

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves hip internal and external rotation, enhances joint control, and supports better movement quality for skating, ADL's, and injury prevention.

1 START

Sit on the floor in a 90/90 position with one leg in front and the other behind. Sit tall with your hands on the ground for support.



2 ROTATE IN

Rotate your torso toward your front leg, placing your hands or forearms on the ground in front of you. Keep your spine long and controlled.



3 ROTATE OUT

Rotate your torso toward your back leg, placing your hand behind you for support. Keep your chest open and move with control.



4 REPEAT

Continue rotating side to side with control, breathing deeply, and moving through your full comfortable range of motion.



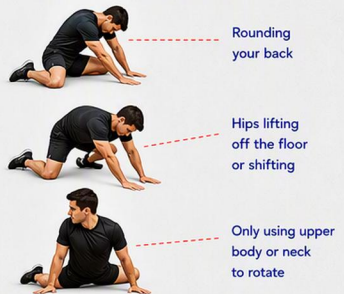
KEY POINTS

- Sit tall with a neutral spine.
- Move slowly and with control.
- Keep both hips in contact with the floor.
- Rotate from your torso, not just your shoulders.
- Use your arms for support and balance.
- Focus on quality movement, not range.

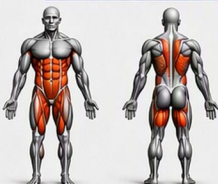
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Hip Rotators (Internal & External)
- Glutes
- Adductors
- Hip Flexors
- Core
- Thoracic Spine (Stabilizers)

TRAINING TIPS

- Use as a warm-up, cool-down, or mobility drill.
- Perform 6–10 slow rotations per side.
- Combine with other hip and T-spine mobility work.
- Include in your routine 3–5 times per week for best results.