

HEELCURVE HOCKEY

THREAD THE NEEDLE (T-SPINE)

EXERCISE MECHANICS

WHAT IT IS

A dynamic mobility exercise that improves hip flexibility, thoracic rotation, and ankle mobility while activating the core and preparing the body for movement.

1 START

Begin in a high plank position with your hands under your shoulders and your body in a straight line from head to heels. Engage your core and glutes.



2 STEP THROUGH

Step one foot outside your corresponding hand, landing softly with your foot flat on the ground. Keep both hands on the ground.



3 THREAD THE NEEDLE (T-SPINE)

Thread the same-side arm under your body, reaching it through toward the opposite side. Let your shoulder and ear rest down on the ground. Keep your hips low.



4 RETURN & REPEAT

Press through your hand to rotate your torso open and reach the same-side arm up toward the ceiling. Open your chest and follow your hand with your eyes. Return to start and repeat on the other side.



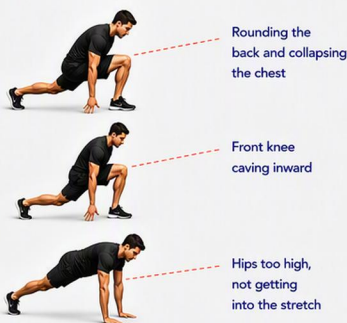
KEY POINTS

- Move with control and purpose.
- Keep your core engaged throughout.
- Drive your hips down and forward.
- Rotate through your upper back, not just your shoulders.
- Keep your front foot flat and knee in line with your ankle.
- Breathe and flow—don't rush.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Hip Flexors
- Glutes
- Hamstrings
- Quadriceps
- Adductors
- Thoracic Spine (Upper Back)
- Core

TRAINING TIPS

- Use as a dynamic warm-up to prepare your body for training or sport.
- Focus on a deep stretch and full rotation at the top of each rep.
- Move slowly and with control—quality over speed.
- Include in lower body days or as part of your mobility routine.