

At Home Strength and Mobility

Monday, April 6th

Mobility Series

I want to discuss more **pelvic control and hip mobility** than anything else, but will also mention some **ankle mobility** and the importance of it

Hip Mobility

“What is internal hip rotation?”

1. Sit down in a chair, and make two fists
2. Set the two fists between your legs, driving them out against your knees
3. Allow the knees to move outward, while keeping the tension in your hips

This tension you feel, is what is referred to as internal hip rotation and is essential for creating a powerful, efficient engine to swing the bat.

In order to create ideal kinetic sequence, we know that it goes

1. Hips
2. Torso
3. Shoulders
4. Barrel

<https://twitter.com/i/status/1073705320973721600>

If the hips dont fire correctly, this can cause issues further down the kinetic chain

According to TPI, the most elite golfers have over 45 degrees of internal hip rotation on both sides of their hips.

1. Seated hip internal rotation

1. Start in a seated position on the ground with your knees at 90 degrees. Plant the soles of your feet flat on the floor at a comfortable width. Extend your left arm behind your body, with your left palm on the ground. Put your right hand on your right knee.
2. Flex your right foot so that your right toe is pointing upward. This helps to protect your knee during the hip internal rotation.
3. Keeping your hand on your right knee, turn your right inner thigh toward the ground. Your right thigh and your right calf should make a right angle as you lower your thigh. You should feel a stretch in the outer and frontal parts of your hip.
4. Return your right leg to the original position, and then repeat the action.
5. Complete 20 or 30 reps, and then switch to the left side.

2. Squatting internal rotations

1. Start in a deep squat with your hands clasped in front of you.
2. Using your left leg, push yourself slightly upward and to the left side.
3. As your right leg falls toward the ground, your right thigh should rotate inward in your hip socket. Pause there, and then return to your squat.

4. Push yourself up and to the right side using your right leg. This time, let your left leg fall toward the ground to produce left hip internal rotation. Pause, and do the movement again on the right.
5. Repeat 5 to 10 times on either side.

If needed, I can provide additional hip mobility drills as can Ryan upon request.

Pelvic Control

Pelvic control, specifically "posterior tilt" (moving the pelvis forward under the shoulders independent of the torso) helps maintain direction, posture, and produce power.

1. Prone Pelvic Control

Step 1: inhale slowly for a three second count while creating space between your low back and ground.

Step 2: exhale slowly while sucking your belly button to your spine, and pushing your low back as hard as you can against the ground.

In both steps, the feet, pelvis, and shoulders should stay on the ground.

2. Kneeling Disassociation w/ Adduction

In this drill, ideally using a mirror, we're kneeling while squeezing a foam roller, med ball, or something else similar between our knees.

With our arms straight in front of us, holding the backpack full of books, we'll look to **swivel or rotate our hips without creating a lateral or "fortnite dance" type move.**

These drills can be found on the [Johansen Baseball Drill Library](#)

Ankle Mobility

Ankle Mobility can sometimes be a limiting factor in some athletes to transfer force from the ground into the hips. Not all athletes will have this issue, and it is most common amongst taller athletes with long legs. If you hit a growth spurt quickly in high school, this especially applies to you.

1. Wall Ankle Rockers

Facing the wall, put both hands against the wall and get into a runners position (similar to a calf stretch)

Keeping the front heel and toes on the ground, let the knee travel over the toes toward the wall until tension is felt in the soleus muscle (front of shin)

Hold for 10 seconds, then rock back and repeat 3 times

Do the same for the other side

At Home Strength

“Backpack Full Of Books”

1. Backpack Rows - 4x20
2. Backpack Pushups 4x8-12
3. Backpack Prisoner Squats 4x15
4. Overhead Reverse Lunge 4x8 Each Leg
5. Backpack “Plate” Raises 4x8
6. Backpack Curls For the Girls 4x8 Each Arm

Core

Backpack Planks - 3x30 Seconds

Rotational Swings - 2x10 Each Side

Backpack Good Mornings - 3x15