

Lower Body Mobility Guide



Recap of Lower Body Mobility Session led by Jenna, DPT, on September 15

Foot Mobility

Lax Ball Massage – 60s per foot

- Roll the ball slowly under your foot from heel to toes.
- **Tips:** Pause on tight spots and breathe into the pressure.
[\[Video Link\]](#)

Toe Spread with Fingers + Midfoot Mobility

- Use your fingers to gently spread your toes apart.
- **Tips:** Keep your foot relaxed, feel the stretch through the middle of the foot.
[\[Video Link\]](#)

Toe Yoga – 10 reps

- Lift your big toe while keeping the others down, then lift your pinky toe side while keeping the others down.
- **Tips:** Take it slow – this is about control, not speed.
[\[Video Link\]](#)

Arch Lift

- Keep your foot flat and pull your toes toward your heel until your arch visibly lifts.
To progress: balance in a kickstand stance.
- **Tips:** Think about “zipping” your arch upward without curling your toes.
[\[Video Link\]](#)

Ankle Mobility

Better dorsiflexion = smoother pedal stroke, shock absorption, reduced compensation.

Ankle Circles – 5 each way per side

- Move the ankle in a big, smooth circle without moving the leg.

- **Tips:** Imagine your big toe drawing a perfect circle.

[\[Video Link\]](#)

Half-Kneeling Ankle Rock – 15 per side

- From half-kneeling, drive the front knee forward over the toes with the heel down.

- **Tips:** Keep heel planted, feel the stretch at the ankle joint, not the hip.

[\[Video Link\]](#)

Heel Raises off Step – 12 per side

- Rise onto toes, lower heels slowly below step level.

- **Tips:** Up with control, down even slower – feel the stretch in calves and Achilles (back of ankles).

[\[Video Link\]](#)

Knee Mobility

Prone Quad Stretch (not shown in class)

- Wrap a belt, towel, or stretching strap around one foot. Lie on your stomach, with the strap behind you. Use your upper body to pull the foot towards you, bending at the knee to achieve a stretch in the front of the thigh.
- **Tips:** Keep hips pressed into the floor, don't arch lower back.

[\[Video Link\]](#)

Hamstring Stretch (not shown in class)

- Place one heel a step in front of you, toes up towards the ceiling. Bend from the hips and use arms in a sweeping motion forward, as if you're "shooing the chickens." Continue taking steps, feeling a stretch in the backs of the legs.
- **Tips:** Bend from the hips, not the back – feel hamstrings lengthen.

[\[Video Link\]](#)

Half-Kneeling Knee Rotations

- In a half-kneeling position, place your thumbs behind your front knee joint and wrap your fingers around the shin. Shift the knee forward over your toes and gently rotate the shin inwards. Return to the starting position while gently rotating the shin outwards.
- **Tips:** Keep your heel in contact with the floor and don't allow your hips to pop out in either direction while shifting forward. Imagine you're moving forward in a narrow corridor.

[\[Video Link\]](#)

Squat with Calf Raise

- Squat, then lift heels at the bottom.

- **Tips:** Keep your chest tall, drive through the balls of your feet as you lift your heels.

[\[Video Link\]](#)

Hip Mobility

90/90 Hip Rotations with Torso Lean (60s)

- Sit in 90/90 position, lean chest toward the front shin. Add an ankle lift by driving the back knee into the ground and lifting the ankle up and down for extra hip activation.
- **Tips:** Stay tall through the spine, exhale as you fold forward. Control the ankle lift – a small, precise motion is better than height.

[\[Video Link\]](#)

Up Dog with Bent Knee - 30s per side

- **Up Dog:** Move your hands forward to align with your chest, spreading your fingers wide. Tuck your elbows close to your body. Press the tops of your feet and your thighs firmly into the mat. Bend your right knee to a 90-degree angle, bringing it in line with your hip. Push through your hands to bring your head and upper chest off the mat. Lower back down to the mat and repeat this movement, pausing as you feel a good stretch.
- **Tips:** Push chest tall, feel a stretch through the front of the hip.



Half-Kneeling Hip Circles – 5 per side

- Lift the front foot off the ground, sweep the leg up and around to meet the opposite on the ground. Imagine drawing a big circle with your knee. Return to starting position making the circle in the opposite direction.
- **Tips:** Imagine tracing the biggest smooth circle possible.

[\[Video Link\]](#)

Airplanes

- Balance on one leg, hinge forward with a flat back, and slowly open the hips, then close them again.
- **Tips:** Keep the standing leg steady.

[\[Video Link\]](#)

World's Greatest Stretch – 5 reps per side

- Lunge, place your hands inside the front foot, and rotate toward the front leg lifting the same side arm up towards the ceiling.
- **Tips:** Think of a long spine and rotate from the upper back, not just the shoulders.

[\[Video Link\]](#)

Pre-Ride 5-Minute Mini Band Warmup

Supine Knee Drives – 60s

- Lie on your back, band around midfoot, drive knees one at a time towards chest.
- **Tips:** Keep your core engaged and control the return.

[\[Video Link\]](#)

Glute Bridge with Band Press Outs – 60s

- Band around thighs, lift hips, push knees outward at top.
- **Tips:** Squeeze glutes at the top, don't arch lower back.

[\[Video Link\]](#)

Glute Bridge with Calf Raises – 60s

- Lift hips, then lift heels off the ground. Slowly return heels to the ground before bringing hips down.
- **Tips:** Squeeze glutes at the top, control the lowering of each movement, don't arch lower back.

[\[Video Link\]](#)

Bridge Walk-Outs – 60s

- Start in the glute bridge, slowly walk heels out, then back in.
- **Tips:** Keep your hips lifted, and move one step at a time.

[\[Video Link\]](#)

Plank with Side Step Outs + Extensions – 60s

- From plank, step one leg out to the side, then back in. Repeat on the opposite side. No lift first leg up towards the ceiling. Repeat on the opposite side.
- **Tips:** Keep core braced, hips level, and avoid rocking side to side. It's okay if the movements are small.

[\[Video Link\]](#)