



HEALTHY HIPS AND JOINTS

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OVERVIEW

This workshop focuses on creating both stability and mobility in the lumbo-pelvic hip region through stretches and functional movement exercises. Other topics to include healthy knees and ankles.

OBJECTIVES

Part I: Anatomy

- Hips and Glutes
- Knees and Ankles
- Understanding the Kinetic Chain

Part II: Mobility and Stability Routines

- Hips and Glutes
- Upper Leg and Knee
- Lower Leg and Ankle

SUMMARY

By the end of the workshop, you will have a strong working knowledge of the techniques needed to create and maintain a healthy, mobile and strong lower body through proper joint maintenance.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**