



The Rinx Health and Fitness Hockey Mobility Program

Welcome!

Hockey is a sport that requires high amounts of mobility, stability, strength, power, and endurance. This program is going to focus on helping you become a mobile hockey player.

What is Mobility?

Mobility can be defined as range of motion under specific conditions. Meaning mobility is specific to the movement you need to perform. You need a certain amount of ankle and hip mobility to squat and lunge.

What is Flexibility?

Flexibility can be defined as range of motion about a joint. Flexibility is not specific to the movement you are trying to perform. You can have all the hamstring flexibility in the world and still not be able to squat properly.

What is The Goal of Mobility Training?

The goal of mobility training is to be able to increase your capacity to perform functional movements without compensation. Meaning the goal of hockey specific mobility program is to improve your performance on the ice and to not make you better at yoga.

The ultimate goal of mobility training is to make you mobile enough to meet the demands of your sport!

Joint by Joint Approach

When it comes to mobility training it is important to understand the needs of each major joint in the body. This approach was developed by physical therapist Gray Cook and professional strength coach Mike Boyle:

Ankle = Mobility

Knee = Stability

Hip = Mobility

Lumbar Spine = Stability

Thoracic Spine = Mobility

Scapula = Stability

Glenohumeral Joint = Mobility

Using this approach we can develop a solid mobility plan.

Self Assessment

Below you are going to find a series of mobility screens that you will be able to perform on yourself to see where you are starting at with your mobility training.

Ankle

$\frac{1}{2}$ Kneeling Active Ankle: To perform start in a $\frac{1}{2}$ kneeling position with your front foot 3 inches of the wall. Keeping your front heel down try and touch your knee to the wall. Move back and inch after every successful attempt. The test ends when you cannot touch your knee to the wall or your heel raises off the ground

Hip

Modified Thomas Test: lying on your back bend one leg and hug your knee to your chest. Take note of how close you can get your knee to your chest and if your opposite leg raises off the ground.

Thoracic Spine

Seated Rotation w/ Foam Roller: for this test, you will need a stick of some sort (dowel/broom handle/hockey stick) and a tall foam roller. Begin by sitting on the floor and crossing your legs. Place the roller in contact with your shins and the dowel behind your head on your shoulders. Rotate first to the left and then to the right. Take note of how close you come to touching the roller on each side. BE SURE TO NOT SHIFT YOUR HIPS. MOVEMENT SHOULD ONLY COME FROM YOUR MID BACK.

The Program

You should perform this program every day. If you are restricted in certain areas you should spend more time working on those positions and/or doing your worse exercises multiple times a day. The program will take you under 15 minutes to complete!

1. [Ankle Rocks: 60s each side](#)
2. [Ankle Rocker Squats: 30s each side](#)
3. [Diagonal Hip w/step: 60s](#)
4. [Spidermans: 30s each side](#)
5. [\$\frac{1}{2}\$ Kneeling Psoas: 30s each side](#)
6. [Couch Stretch: 30s each side](#)
7. [T-Spine Rotations with Arm Sweep: 30s each side](#)
8. [Quad T-Spine Rotations: 30s each side](#)
9. [Wall Slides: 60s](#)
10. [Cook Squats: x60s](#)

