

**WARM UPS**

# **RAMP** (Mobilisation - Knee Rotation)

By Cathal Fanning

- **Description**
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# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

We're going to look at the knees.

From a standing position, we take the feet in nice and close so that they're pretty much touching. And then I'm going to get the client to slide their hands down towards knee level, wherever they feel is comfortable. Once they're there, I'll get them to gently start to rotate the legs towards one side, moving out over the toes and back through to the centre.

I'm looking for them to keep a nice, smooth, controlled movement. So we're trying to get as much movement through that knee joint as we possibly can. We're also affecting here the ankles a little bit, so it's a good movement and option to cover both areas.

Last one for me, Dom. And then if you rotate the other way for me again.

It's also important to make sure that we change our body position. So from front to back and side by side.

Last two for me. Dom.

Last one.

And come to relax.

Rest there.



# Areas of the Body Targeted

- Knees
- Legs
- Ankles

