

Exercise Prescription: Rotary Stability Roll

Purpose of Exercise:

This is a higher threshold strategy that depicts asymmetries and deficiencies in a primitive pattern.

Self-Check

Rotary Stability

Starting Position:

Lay on your back with the hands overhead and feet shoulder width apart.

Exercise Description:

Raise your leg and arm, touching your right knee and left elbow together. Focus on keeping your left leg and right arm as straight as possible. Without separating your knee and elbow, leading with your head, roll all the way to the right, then, return onto your back, again, leading with your head. Relax completely between reps.

Switch sides and repeat. If one side is more difficult, do twice as many reps on that side.

Pictures:



1

2



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