

Exercise Prescription: Trunk Rotation

Purpose of Exercise:

This is an exercise to mobilize the T-Spine and stabilize the shoulder.

Self-Check

Shoulder Mobility

Starting Position:

Laying on your back, place a rolled towel in between your knees, bend your knees and hips to 90 degrees, and stretch your arms out to both sides. You may place a towel or pad under your head for comfort.

Exercise Description:

Squeeze the towel between your knees and slowly lower your legs to one side. Your pelvis should lift off the ground on the opposite side. Your palm should be on the ground on the same side your legs are lowering and your palm should face up on the opposite side. Focus on keeping your shoulders on the ground.

Return to the starting position and repeat on the other side. If one side is more difficult, do twice as many reps on that side.

Pictures:

