

Exercise Prescription: Standing T-Spine Rotation

Purpose of Exercise:

This is a mobility and stability exercise to help increase thoracic extension and rotation while coordinating with core stability and hip hinging.

Self-Check

Shoulder Mobility

Starting Position:

Standing with feet shoulder width apart, bend forward, hinging at the hips as shown. Arms are straight and palms are facing inwards.

Exercise Description:

From the starting position, following your hand with your eyes and keeping your arm straight, rotate through the mid-back, bringing your arm upwards as shown. Return to the starting position and then repeat this movement, trying to gain more range with each repetition.

Check both the left and right sides and determine which position is most difficult. Do double the reps on the more difficult side.

Pictures:

