

Exercise Prescription: T-Spine Rotation with Reach

Purpose of Exercise:

This is a self-stretch and mobility exercise for the mid-back and shoulder.

Self-Check

Shoulder Mobility

Starting Position:

While side lying, flex the top hip about 90 degrees and support the knee with a foam roll or medicine ball. With your bottom arm, reach towards the ceiling. You may support the head by a towel roll or pad as shown (1).

Exercise Description:

With your top hand, bring your thumb to your knee as shown (2). Now, slowly bring your arm up and across your body (3), pointing your thumb downwards and taking care not to hike the shoulder towards the ear. Bring your arm back as far as you can, feeling a stretch through the front of the shoulder and activation of the mid-back muscles (4). Inhale as you bring your arm down and exhale as you bring your arm up.

Repeat on the opposite side. If one side is more difficult, do twice as many reps on that side.

Pictures:



1



2



3



4