

## Exercise Prescription: T-Spine Rotation with Arm Sweep

### Purpose of Exercise:

This is a self-stretch and mobility exercise for the shoulder girdle and T-Spine.

### 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 so the shoulders can lay flat. Keep the foot on the ground and the head is supported by a towel roll.

### Exercise Description:

The arm on the same side of your body as the leg that is on top reaches out, away from your body, palm down. Keeping your shoulder and elbow connected to the ground, sweep your hand under your low back. Sweep your arm back out and flip your hand so your palm faces up when your shoulder reaches 90 degrees. Continue the movement upward but only reach as high as you can maintain floor contact with your elbow.

If you have difficulty maintaining elbow contact at any point, crush the foam roll/medicine ball with your knee to give yourself a stable core from which to move.

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

### Pictures:

