

Exercise Prescription: Quadruped T-Spine Rotation

Purpose of Exercise:

This is a self-stretch to increase T-Spine rotation while stabilizing one side.

Self-Check

Shoulder Mobility

Starting Position:

On your hands and knees with the hips placed above the knees, the shoulders above the hands, and the spine is in a neutral position. Place one hand on the back of the neck. Ensure that this position is comfortable.

Exercise Description:

From the starting position, bring the elbow upwards, rotating from the mid-back. Push the planted arm into the ground to gain further rotation. At the top position, take a slow, deep breath, and then return to the starting position. 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:

