

## Exercise Prescription: Upper Body Rolling

### Purpose of Exercise:

This is a low threshold strategy that depicts asymmetries and deficiencies in a primitive pattern.

### Self-Check

Rotary Stability

### Starting Position:

Lay on your back with the hands overhead and feet shoulder width apart.

### Exercise Description:

In a diagonal pattern reach one arm across the body, while keeping the head in contact with the floor. The lower extremity remains on the floor until the upper body pulls it over. To return to the starting position extend and reach the same arm diagonally across the body. Again the lower extremity remains on the floor and the upper body merely pulls it over. The head always looks at the moving hand.

### Pictures:



1



2



3



4



