

Exercise Prescription: T-Spine Rotation Supine

Purpose of Exercise:

This is a self-stretch and mobility exercise for the T-Spine that spares the 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, if needed. Keep the foot on the ground and the head is supported by a towel roll or pad.

Exercise Description:

With your top arm, reach around your front to your opposite ribcage and place your hand on your lower ribs. Rotate your top shoulder towards the floor pulling with the hand on your ribs to increase the stretch. Maintain contact with the foam roll/ball/floor as rotation occurs. Once maximally rotated, breathe deep into your abdomen, allowing your breath to open up your T-Spine.

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

Pictures:

