

16.2 – SIDE-LYING EXTENSION-ROTATION



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve internal and external rotation mobility in the shoulders. ▪ To improve extension of the thoracic spine.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Assume a right-side lying position with the left hip and knee flexed to 90 degrees and the right leg straight. The left knee should be resting on a medicine ball or foam roller. ▪ Rotate your head and trunk slightly to the left.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Brace the abdominals, push your right hand up towards the ceiling, and raise your left arm up and out to rotate the thoracic spine. ▪ Hold for a count of one-one-thousand, and then return to the starting position. The thumb should rotate back and down as you go through the movement.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Brace the abdominals throughout to “block” lumbar spine rotation.