

Multi-Segmental Rotation Corrective Exercises

Side Lying Thoracic Rotation – keep one knee on a folded pillow or small ball with the hip flexed at least 90 degrees. Place the hand on the stomach/ribs and work to pull the shoulder back to the floor. Exhale as you turn to get more motion. Perform _____ reps, _____ sets.



4 Point Thoracic Rotation – sit back on your heels to lock out the lower back. Holding one hand behind the head, turn as far as possible under your body and then open up as far as possible toward the ceiling. Be sure to exhale at the end range of each position. Perform _____ reps, _____ sets.



Hip Internal Rotation w/ Hips Flexed – Lie on your back with hips and knees bent, and feet wide apart. Gently press into the floor with the arms to activate the core. Roll both knees inward as far as possible and exhale at the end range. If your knees touch easily then widen the feet to the point where they cannot touch. It's ok to let the feet roll in too. Perform _____ reps, _____ sets.



Hip Internal Rotation w/ Hips Extended – lie with the head and trunk supported on a stability ball or bench, hips and knees bent, and feet wide apart. Gently press into the ball with the arms to activate the core, and keep the hips high throughout. Roll both knees inward as far as possible and exhale at the end range. If your knees touch easily then widen the feet to the point where they cannot touch. It's ok to let the feet roll in too. Perform _____ reps, _____ sets.



Standing Hip External Rotation Stretch – place the lower leg onto a low table or bench with the upper leg pointing straight ahead (knee should be in line with the hip, not outside the hip). Maintain a tall posture, and bend the knee to drop your body just enough to get a good stretch in the outer hip. Hold the stretch _____ seconds, perform _____ reps, and _____ sets.



Quadruped Diagonals (Bird Dog) – position your body with the hands under the shoulders and knees under the hips, toes pulled under. The non-moving knee should be on a small pad or pillow. Extend the opposite arm and leg and hold _____ seconds. Maintain the neck and lumbar spine in neutral, and do not move through the spine while moving the extremities. Perform _____ reps on one side and then switch sides, _____ sets each.



Quadruped Diagonals with Band Resistance - position your body with the hands under the shoulders and knees under the hips, toes pulled under. Hook a band around the foot and hold the other end in the opposite hand. Extend the arm and leg with the band and hold _____ seconds. Maintain the neck and lumbar spine in neutral, and do not move through the spine while moving the extremities. Perform _____ reps on one side and then switch sides, _____ sets each.

Half Kneeling Posture – Kneel with the leg in a vertical position, toes tucked under, with a tall posture. Use a small pillow or cushion to protect the knee. You should feel a gentle stretch in front of the hip/thigh. If you do not then tilt the pelvis backward/flatten the spine, without losing your tall posture, until you feel the stretch. The front ankle should be under the knee and gradually work that foot over in front of the supporting limb. Maintain a relaxed, tall posture and normal breathing. If unable, then widen the stance for now. Hold this posture _____ seconds and perform _____ reps.



Half Kneeling with Trunk Rotation – Kneel with the leg in a vertical position, toes tucked under, and a tall posture. You should feel a gentle stretch in front of the hip/thigh. If you do not then tilt the pelvis backward/flatten the spine, without losing your tall posture, until you feel the stretch. The front ankle should be under the knee and gradually work that foot over in front of the supporting limb. Maintain a relaxed, tall posture and normal diaphragmatic breathing. If unable, then widen the stance for now.

Take the arms overhead, and then slowly turn the head and shoulders to the right and left. The hips and front knee should not move. Exhale at the end of each turn to maximize range of motion. Perform _____ reps in each direction, _____ sets.



Walking Lunge with Trunk Rotation – step forward into a lunge position, and then turn the head and trunk as far as possible toward the lead leg. Exhale at the end range of rotation to maximize range of motion. Return to the front and stand back up. Alternate legs when lunging forward, and perform _____ reps turning toward the lead leg.

Perform a second set turning the head and shoulders toward the back leg. Exhale at the end range of rotation to maximize range of motion. Return to the front and stand back up. Alternate legs when lunging forward, and perform _____ reps turning toward the back leg. Do _____ sets of each.



Single Arm Row with Trunk Rotation (Squat Stance) – stand facing the band or cable in a $\frac{1}{4}$ to $\frac{1}{2}$ squat stance. Pull the band/cable into your side while turning the head and shoulders. When pulling with the Right arm, turn to the Right, and vice versa when pulling with the Left arm. Perform _____ reps in each direction, _____ sets.



Single Arm Row with Trunk Rotation (Split Stance) – stand facing the band or cable in a split stance with the knees bent. Pull the band/cable into your side while turning the head and shoulders. When pulling with the Right arm, turn to the Right, and vice versa when pulling with the Left arm. Perform _____ reps with each arm with the Right leg forward and then the same number of reps each arm with the Left leg forward. Do _____ sets.

