



# THORACIC ROTATION MOBILITY



## INSTRUCTIONS

- Step 1: Start in a side lying position with the knees and hips flexed in the position shown
- Step 2: Position the arms in front with the top stacked on the bottom
- Step 3: Keeping the bottom arm and lower body stationary on the floor, raise the top hand
- Step 4: Continue to reach behind you in the opposite direction while allowing the upper body to roll
- Step 5: Allow your head and neck to follow your hand
- Step 6: Hold this position for \_\_\_\_ seconds before returning to the starting position

Sets: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Duration: \_\_\_\_\_ Frequency: \_\_\_\_\_