

16.2 – SIDE-LYING INTERNAL-EXTERNAL 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. For the internal/external rotation, you're going to be going up and down behind the body. In the top the arms will be overhead with more external rotation, and in the body they will be down by the glutes in more internal rotation.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Brace the abdominals throughout to “block” lumbar spine rotation.