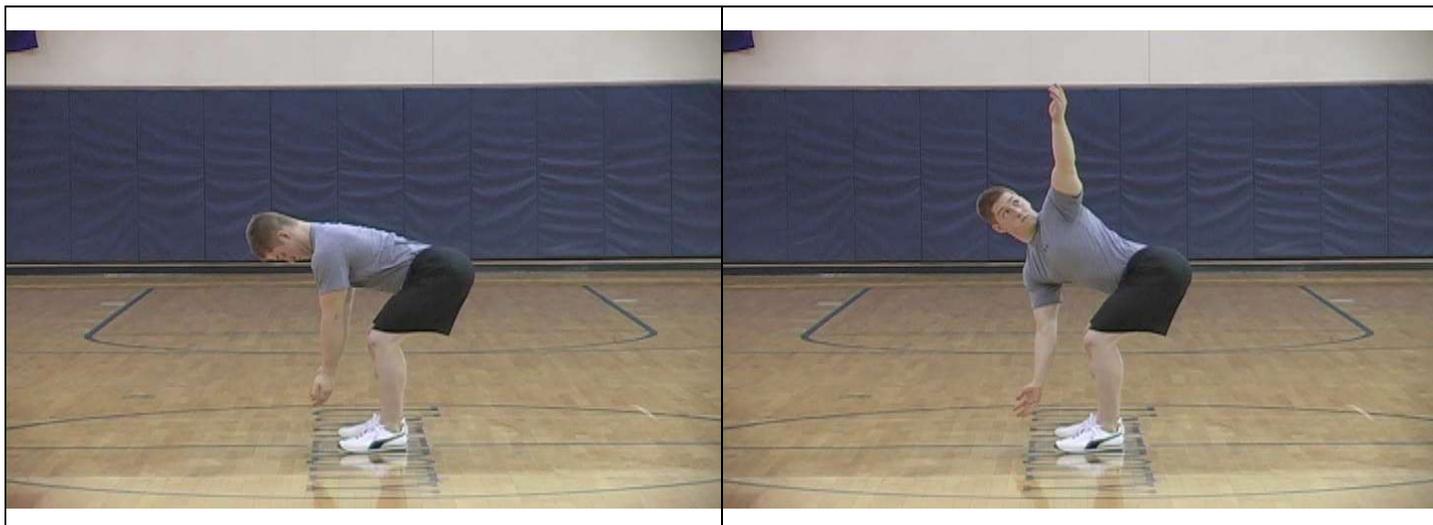


13.2 – BENT-OVER THORACIC SPINE ROTATION



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve rotation in the thoracic spine.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand up tall, and then sit back with the hips as if you were going to perform a deadlift. ▪ Your arms should be hanging down towards the ground.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Raise one arm out to the side with the thumb up, following it with rotation of your head. ▪ Keep the core gently braced throughout; this will ensure thoracic spine rotation versus lumbar rotation.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the upper arm at a 90-degree angle to the body. ▪ Keep the spine in neutral throughout. Don't allow the chest or shoulders to sag.