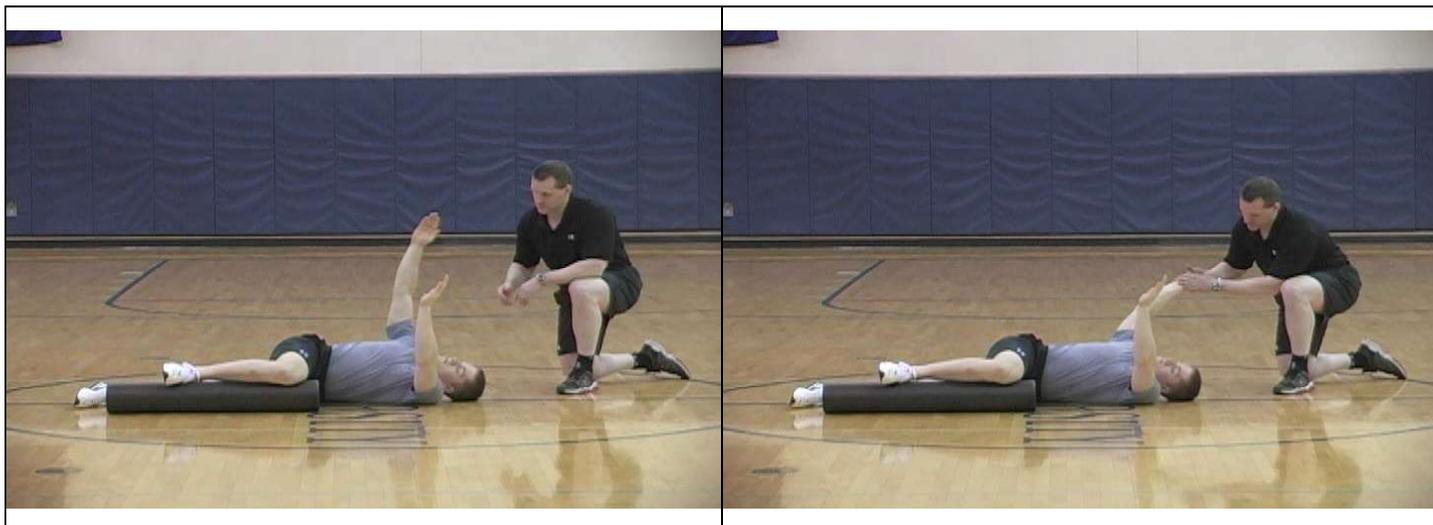


## 16.4 – SIDE-LYING EXTENSION-ROTATION WITH PERTURBATIONS



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve internal and external rotation mobility in the shoulders.</li> <li>▪ To improve extension of the thoracic spine.</li> <li>▪ To improve reflexive firing and stabilization of the rotator cuff muscles.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ 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.</li> <li>▪ Rotate your head and trunk slightly to the left.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Brace the abdominals, push your right hand up towards the ceiling, and raise your left arm up and out to rotate the thoracic spine.</li> <li>▪ At the end range, have a partner gently push your wrist in various directions and hold for a five count.</li> <li>▪ Focus on locking your shoulder in place throughout the exercise.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Brace the abdominals throughout to “block” lumbar spine rotation.</li> <li>▪ The partner providing the perturbations shouldn't get too aggressive. Don't push too hard, slap or go too fast.</li> </ul>