



Thoracolumbar Mobility/Stretch:

Have the client lay flat on their back with arms out 90°. Bring both hips and knees to 90° of flexion. Allow the legs to roll and bring the hips over while keeping the spine aligned.

This creates a stretch in rotation and challenges them to eccentrically control the descent of their legs. Bringing the legs back up and down toward the opposite side requires a concentric component to create the motion and eccentric control to lower.

Make sure the shoulder girdle remains on the ground throughout the entire movement. If one or both of the shoulders lift up, it is indicative of excessive tension either through the top side gluteal muscles, the IT band, the pec major or minor, the lat, or abdominals.

Look for rotational symmetry from one side to the other to get an idea of the tension through the chain of tissue.

You can repeat this exercise 10-12 times for 2-4 sets (or more).

Set-up

- Laying flat on your back, place both arms flat on the floor at 90 degrees.
- Bend the hips and knees to 90 degrees.

Performance

- From the start position, maintaining the hips and knees at 90 degrees, control the rotation of the pelvis to one side until the the lower leg is flat to the floor.
- One can use this position as a stretch, maintaining this posture as long as one would like.
- From this position, rotate the pelvis back to neutral and then to the floor in the opposite direction.
- Repeat this motion 10 to 12 times per side. Repeat for 2 to 3 sets.

Coaching Cues

- Have the client control the motion throughout rotation.
- The shoulders, in a situation of acceptable mobility, should stay flat to the floor.
- Elevation of one or both shoulders is a good indicator that there is excessive tension in the rotational functional chain.