

Notes :

**1 Upper trunk rotation**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Start with your hands supported on a surface, your hips back, your knees slightly bent and your back flat.  
Place one hand behind your head.  
Lift the elbow up and behind, while you rotate at the thoracic region.  
Repeat on the other side.

**2 Seated trunk rotation**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Sit down on a chair with a straight posture.  
Place your hands on your shoulder with the elbows elevated at shoulder height.  
Slowly rotate to one side as far as possible, then rotate to the other side.  
Repeat.  
Do not shift your hips to the opposite side when rotating.

**3 Twister**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Start with your arms straight and to the sides in a "T" position.  
Bend forward at the hips, keeping your back straight similar to the setup position in golf.  
Keeping your knees pointed straight ahead, rotate your trunk and swing the arms from side-to-side, letting the weight and momentum of your arms pull you to end range. Then slowly start to raise up to an upright position.  
From the upright position, continue the arm swing but now bending the elbows to 90 °, then slowly straighten the arms overhead while continuing the arm swing motion.  
Finally, slowly lower your arms through each position back to the starting position maintaining the arm swing motion at all times.

**4 Two arms wall slide with OH shrug**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Stand straight in front of a wall and put the hands against the wall.  
Slowly slide the hands up as high as you can.  
At the end position, push a bit more from your shoulder blades-shrug the arms.  
Use a towel, paper towel, and/or a smooth surface-like a door-to facilitate the sliding.

**5 Wall slide, feet in front**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Stand with your back flat against the wall, feet in front.  
Try to keep your hips/shoulders/head/elbows on the wall as you slide your arms up and down slowly.  
Keep the lower back against the wall.

**6 Lunge steps with rotation**



**Sets: 3-5 Reps: 30s-1min Freq: Daily**

Start by standing straight.

Take a step forward and lower into a lunge with your knee over your front foot. Then, turn your torso and upper body in both directions.

Avoid compensating by rolling into an anterior pelvic tilt which will result in hyperextension in the lumbar spine.uses cable from the side

Notes :



**1 Upper trunk rotation**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN280372



**2 Seated trunk rotation**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN109450



**3 Twister**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN212808



**4 Two arms wall slide with OH shrug**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN281216



**5 Wall slide, feet in front**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN101735



**6 Lunge steps with rotation**

Sets: 3-5 Reps: 30s-1min Freq: Daily

GEN212801