

Seated Rotation Test

Corrective Exercises:

See Seated Twist Stretch and Crossover Hip Stretch in **Appendix B**

Lying Rotation

Lay face up on the ground. Bend the knees and place feet flat. Keeping knees together slowly drop the knees to one side on the body. Slowly lift knees back up to center, and repeat on the other side. If it is uncomfortable to lower your knees all the way to the ground, work within your range of motion, and slowly decrease the distance to the ground each week.

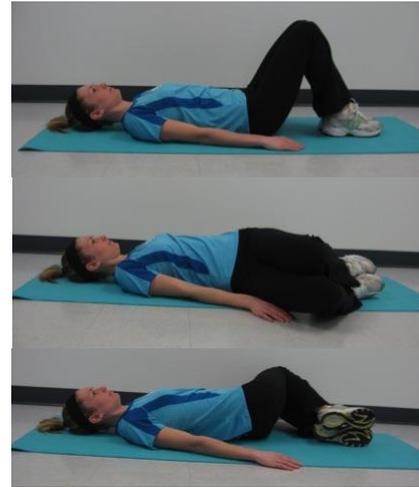


Figure 1

Complete 10-20 times each side.

If there is pain, stop the exercise and work on the Core Strengthening Exercises in **Appendix A**.