

Upper Spinal Floor Twist



Reps:

Sets:

Duration:

Instructions:

1. slowly raise your top arm to midline and pause, following your hand with your head/eyes
2. from the spine, rotate to bring the shoulder all the way to the ground (or as close as possible)
3. use lower hand to ensure knees and hips stay in line
4. hold for 1 minute and repeat on other side

Position:

lying on your side with knees at a 90 degree angle (important for knees to stay flush) with arms straight in front of you palm to palm

Purpose:

opening the anterior aspect of the shoulder, cervical and thoracic rotation