

# Standing Wall Twist



Reps:

Sets:

Reps:

## Instructions:

1. Turn hips and trunk to the right and place hands shoulder height, palms on the wall. Rotate your pelvis as far as possible, parallel to the wall.
2. Engage your spinal muscles to maintain this position
3. Breathe and hold this position
4. Reverse position, turn facing Left side towards wall
5. Repeat as directed by your Therapist

## Position:

Stand with your right side towards a wall, feet about 8-10 inches from the wall; heel-to-toe (in a straight line), and parallel to the wall. Modify position if necessary for knees comfort

## Purpose:

This position allows for pelvic and spinal rotation and extension of the knee. Promotes spinal and pelvic rotation and hip stretches/flexion, uses back muscles to rotate (erectors). Spinal rotation/ thoracic rotation