

SIDE LYING TRUNK ROTATION STRETCH



28 A: Start



28 B: Finish

Purpose: To release thoracic spinal rotation tightness and hip tightness.

Benefit: Improve trunk and hip rotation during backswing and follow through.

Instruction:

- Begin in side lying position with legs bent and together.
- Rotate upper body to face opposite side while keeping lower body stable.
- Rotate until stretch is felt in back and hips.

Quantity: Hold _____ breaths reps _____