

## SUPINE TRUNK ROTATION STRETCH



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Purpose: Release spinal rotation and hip tightness.

Benefit: Improves trunk and hip rotation during backswing and follow-through.

Instruction:

- Lay on back, bend both knees, and bring one arm into the tray position.
- While keeping that shoulder blade in contact with the floor, rotate both knees away from the elevated arm. You may feel a stretch through your hip, side and low back.
- Keep your shoulder blade in contact with the floor.
- You can increase the stretch by pulling your knees closer to the floor with the opposite hand. Be sure to rotate knees.

Quantity: Hold \_\_\_\_\_ rotate knees \_\_\_\_\_