



Static Back

Purpose:

Release tightness in chest, shoulders and spine to promote a neutral pelvic position with reduced spinal curves.

Benefit:

Able to address the ball with a neutral spine that promotes improved shoulder turn during back swing and follow through.

Instructions:

Lay on the floor, rest lower legs on the seat of a chair or similar height object so your hips and knees are at 90 degrees. Place palms up by your sides (advance to double tray position as tolerated) then fully relax your entire body.

Quantity:

_____ minutes or until back has completely “melted” into the floor.

