



Supine Trunk Rotation Stretch With Knee Crossed

Purpose:

Release spinal rotation and hip tightness.

Benefit:

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

Instructions:

Lay on back, bend both knees, and bring one arm into the tray position. While keeping that shoulder blade in contact with the floor, cross a leg over the other knee and allow the legs to rotate away from the elevated arm toward the floor

Quantity:

Hold _____ rotate knees _____.

