



Supine Trunk Rotation Stretch

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, 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 _____.

