

# Trunk Twist Scapulo-Thoracic Mobilization

Lie on your back with your knees bent and feet flat on the floor. Place your arms on the floor at shoulder height with your elbows straight and palms facing upward. Both your arms and your shoulder blades should be resting flat against the floor.

Perform a posterior pelvic tilt (this will stabilize the lower back).

Keeping your legs together roll your knees to the side towards the floor. As you do this keep your arms and shoulder blades firmly planted against the ground by pulling the shoulder blade on the side opposite to the direction of knee movement back and down towards your spine.

Hold for 1-2 seconds then pull the knee to the opposite side.

Repeat 10-15 times.



## Notes:

- Only move the legs as far as possible to each side without allowing the arms and shoulder blades to lift off the ground