
Lying Rotations

Lying on one side with the top leg in hip flexion at 90 degrees (knee placed on top of a ball) and the other leg straight. Hands (placed one on top of the other) underneath the shoulder at right angles to the body. Keeping the knee in contact with the ball the top hand should be lifted and rotated through the middle back until range of movement is achieved. The head moves looking at the hand rotating to the other side.

