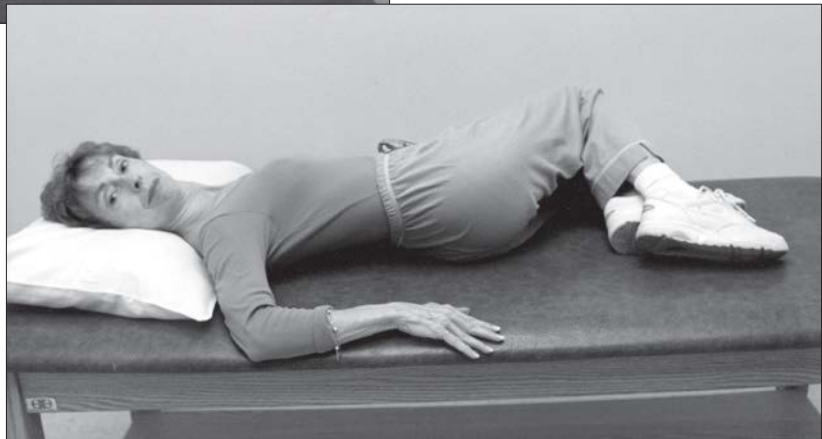


Lumbar – Lower Trunk Rotation, Hooklying



Purpose: To relax and stretch trunk muscles and decrease abnormal tone.

1. Lie on your back with knees bent and feet flat on bed. Shoulders should remain flat throughout the entire exercise.
2. Gently drop your knees to one side and turn your head in the opposite direction. Move slow enough to allow one spinal segment to move at a time. Tighten abdominals as you return your legs to midline.
3. Hold each repetition _____seconds.

Do _____repetitions _____times a day.