SELF-MANAGEMENT: PATIENT SECTION

Improving trunk rotation

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Sports such as tennis, golf, baseball, and hockey each involve a tremendous amount of trunk rotation. It is not just striking sports, but also throwing, kicking, running, swimming, skiing, etc which all require your body to rotate through your core. In order to transmit forces from your bigger, stronger leg muscles to your arms, trunk rotation is needed.

Back injuries, oblique abdominal strains, rotator cuff problems, and even reduced performance can directly result from diminished mobility in trunk rotation. This self-care article shows a very simple trunk rotation exercise that can be performed as a warm-up or part of a daily stretching routine.

Another benefit of trunk rotation training is that it can help improve to posture. A slouched posture with rounded shoulders will quickly straighten up with these simple stretches.
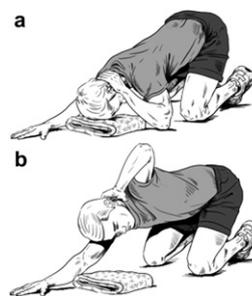
Kneeling trunk rotation (Fig. 1)

Start

- Kneel on the floor
- Sit back on your heels
- Place one hand behind your neck

Technique

- Lift your head & torso up while simultaneously twisting your upper body

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Figure 1 Kneeling trunk rotation (a) start position (b) final position.

- Think about sticking your chest out
- Hold this position for a few seconds
- Then return to the start position

Avoid

- Staying slouched

Troubleshooting

- Use towel under forehead
- Use rolled up towel or ½ foam roll behind knees
- Be sure to stick chest out so that you are arching your back through your shoulder blades instead of from your lower back

Sets/reps/frequency

- Perform 1 set
- 8—12 repetitions
- 1—2x/day