

TEST 3 L-ROM: EXERCISE OPTIONS FOR ENHANCING LATERAL FLEXION & ROTATION



1a) Gym Ball Trunk Rotation Stretches



1b) Gym Ball Trunk Rotation Stretches



3c) Gym Ball Trunk Rotation Stretches



2a) Gym Ball Side Stretches



2b) Gym Ball Side Stretches

Exercise Directions

Hold Time: *Exercises 1a-c* move to end-range if possible. Hold for 3 seconds each & repeat 10x in each direction. *Exercises 2a & b* are held statically. The duration of time depends on comfort and the direction of the scoliosis (if applicable). More specifically, if there is a right convex thoracolumbar scoliosis, lay on the right side for 3-5 minutes (in attempt to reverse the curve). Perform on the opposite side for 1 minute. Modifications should be applied to each individual patient.

Sessions/day (circle): 1 2 3 4 unlimited

Objective: Improve ROM and to stretch and strengthen the trunk lateral flexors and rotators

NAME _____ DATE _____