

Windmill / Spiral Twist at the Wall

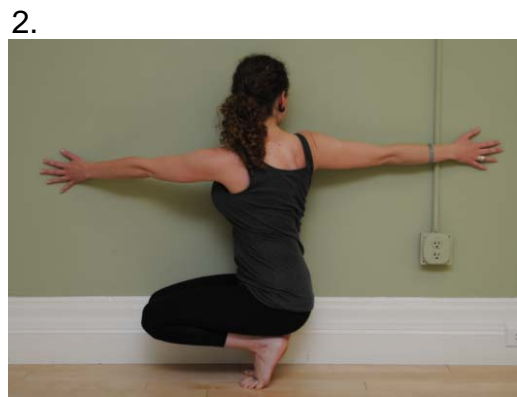
1a. Stand with your right hip against the wall with your pelvis perpendicular to the wall. Feet are staggered with right foot forward. Stand tall with navel drawn to spine, sternum lifted and shoulders down throughout the entire exercise.

1b. Slowly trace your right arm in an arc up the wall, over your head, and behind you to a horizontal position. Simultaneously, lift your left arm to shoulder height on the wall, then look to the back arm. Feel your thoracic spine twisting while maintaining your pelvis perpendicular to the wall. Keep stretching your arms further apart as you lengthen your spine. Hold this position for 30 seconds and repeat on the other side.



Kneeling Windmill

2. Kneel on your toes and follow the above directions.



External Rotation at Door

3a. Stand with your right hand on the wall in a doorway with your elbow bent 90 degrees at your side. Place a towel roll between your elbow and body. Maintain good posture and elbow gently pressing into the towel as you slowly turn your body to the left until you cannot go any further.

3b. Slowly turn your head to the left and hold for 30 seconds. Slowly unwind to come out of the stretch.

