

**Patients name:**

**Program date:**

## Hip Twist

Starting position: Rest position. Centre engaged.

### Level 2

Starting position: Place your arms out to the sides just below shoulder height, palms facing upwards. Connect your legs together and hold a small block between your knees.

#### Action

- INHALE to prepare
- EXHALE, roll both knees to the right, continue to roll your pelvis, waist and then lower back towards the right. Finally, roll your head and neck towards your opposite shoulder, keeping your neck long
- INHALE and hold
- EXHALE, roll your head and neck back to the midline. Finally, roll your lower back, waist, pelvis and then legs back towards the midline.
- Repeat alternating sides

**Reps: 10**



#### Tips

- Imagine your shoulder blades as anchors to prevent then lifting away from the mat
- As the legs and body roll to the side, imagine the ribcage sliding downwards to meet the hips to avoid flaring the ribcage
- Imagine the spine as a corkscrew, rotating from the tailbone upwards to the mid back

Therapists signature \_\_\_\_\_