

MAKE AN APPOINTMENT WITH DR. KELSEY TANLER



# PRE- & POST-PT MOBILITY

5-7x each side

Equipment needed:  
Foam roller, PVC pipe/Halligan bar

## T-SPINE OPEN BOOK ROTATION

Lay on your side with your bottom leg straight, your top leg bent at a 90-degree angle rested on the foam roller, & your arms straight on the ground with palms together. Slowly move your top arm away from your other arm toward the floor on the other side, rotating your trunk at the same time. Make sure to keep your top leg on the foam roller & only go as far as you can without arching your back.

**Hold for 10-15 seconds.**



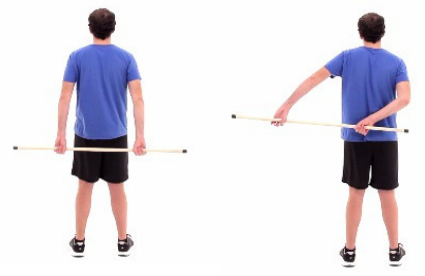
## T-SPINE EXTENSION

Begin kneeling with forearms on the foam roller in front of you. Sink your hips back towards your feet as you push the foam roller away from you, keeping your forearms on the foam roller. Allow your head & neck to relax between your shoulders. Tuck your chin into your chest. **Hold for 10-15 seconds.**



## SHOULDER INTERNAL ROTATION

Begin standing, holding a PVC pipe or Halligan bar in both hands behind your back, hands being slightly wider than hips distance apart. With your uninvolved arm, slowly pull the dowel to your side until you feel a gentle stretch in your shoulder. Hold for 1 second, then relax & repeat. Make sure to maintain a gentle stretch during the exercise & keep shoulders relaxed & not shrugged.



## HIP EXTERNAL ROTATION

Begin sitting upright on the floor with your legs bent, 1 out to your side & 1 in front of you at a right angle. Bending at your hips, lower your chest toward the ground until you feel a gentle stretch in your hip & buttock muscles. **Hold this position for 10-15 seconds.** Make sure to keep your shoulders facing forward & do not twist your back during the stretch. Flip the position of each leg & repeat on opposite side.



## ANKLE MOBILITY

1.) Begin in a low lunge with 1 foot planted on the floor & use the opposite leg & knee as support. Keeping your back straight, shift your weight forward over your knee until you feel a stretch in the back of your planted foot (Achilles tendon). **Hold for 10-15 seconds.**



2.) Assume same position as above, slowly shift backward onto the back foot with top of the foot flat on the ground. You should feel a stretch in the front of your ankle along your shin bone. **Hold for 10-15 seconds.**

2.)

