

## *Twist & Turn*



Exercise	Instruction	Teaching Points	Notes
Prep Phase			
Side lying breathing	Lying on side, knees bent to 90 degrees, bottom arm outstretched with other hand behind head. Head supported by towel, cushion if needed. Inhale to rotate head & neck and open elbow out slightly. Increase range of movement with each breath allowing ribcage to rotate.	Keep neck long Keep head in line with rest of spine, avoid chin poke Keep pelvis "quiet"	
Deep rotation	As above but extend bottom leg out and keep top knee down. Extend both arms. As inhale open top arm out and try to stretch over as far as possible keeping top knee in contact with floor. Take one breath here and then return	Be aware of head alignment, use support if needed. Keep top kneeing contact with floor Do not force this movement	
Repeat other side			
Hip opener	Lying supine, knees bent, sit bones apart. Open one knee out to side, extend leg along floor, rotate thigh bone back to parallel and return. Repeat other side	Keep movement within range of control Avoid allowing low back to arch, keep ribs connected	P: Hover leg
Hip rolls	Bring knees up towards chest, arms extended to sides. Take legs to one side, rotate head left to right, return knees to centre. Repeat other side.	Focus on mild pelvic imprint Keep neck long	M: Feet on floor

Main Phase			
One leg figure of 8s	Lying supine, left leg extended, right knee bent and in closer than hip. Internally rotate femur and draw across body, externally rotate as take it away	Keep movement fluid Strong through supporting leg	P: Extend moving leg
Pelvic focus	Lying supine, heels as close to under knees as possible. Connect into arms. Tilt pelvis left and right.	Allow weight to transfer to one side of pelvis then other, creating rotation	
Shoulder bridge wave	Lying supine, heels as close to under knees as possible. Connect into arms. Tilt onto left side of pelvis, continue to articulate up left side. At top of shoulders, bring weight centre and roll back down through centre line. repeat right side.	Keep movement within small range. Rotate rather than laterally flex	P: Articulate up left, cross centre and roll down right side, reverse
One leg circle	Lying supine, left leg extended, right knee bent and in closer than hip. Take leg across midline, allowing pelvis to move as well, circle round and stabilise as leg comes back in.	Keep ribcage stable and upper body "quiet" to aid stability Keep strong through supporting leg	P: Extend moving leg
Criss Cross	Flex into spinal curve, hands behind head, knees in towards chest. Rotate towards knee, lengthening other leg away and switch.	Keep pelvis "quiet" Elbows wide Focus on thoracic rotation	
Side leg series	On elbow, on side. Legs extended at small angle, other hand supporting. Internally rotate femur and lift and lower leg, eternally rotate and repeat. Tap front with toe, kick up high, tap back with heel allowing pelvis to roll with the movement	Allow natural movement to happen through the spine. Allow eye line to move with the spinal movement	
Repeat other side			

Swan Dive with rotation	Lying prone, hands in W position, legs together. Inhale to extend into thoracic, rotate to look left then right and return. Repeat looking right then left and return. Progressively extend further up higher into extension.	Keep sense of space in low back Wide across collarbones If need to to protect low back, allow legs to come apart.	
Leg pull prone prep	On all fours, hover knees, allowing pelvis to slightly rotate, tap one knee down then other.	Lift into collarbone Have sense of slightly externally rotation at shoulder Keep ribcage connected	
Twist	Seated on side, knees bent and stacked. Laterally flex, arm overhead, rotate arm under supporting arm, allowing spine to rotate and pelvis to lift high.	Stay strong through supporting arm Focus on rotation of ribcage	P: Perform with straight legs
Repeat other side			
Spine Twist	Seated tall, arms fully extended with palms facing down. As rotate, spin palm up to externally rotate at the shoulder.	Maintain length through the spine Keep alignment Lift out of hips	
Rest position with rotation	Sit back onto heels, resting one hand on top of other. Slowly rotate ribcage to one side. Repeat other side	Use props to help position if needed e.g. towel between heels and sit bones	