

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



1a) Lateral flexion – right



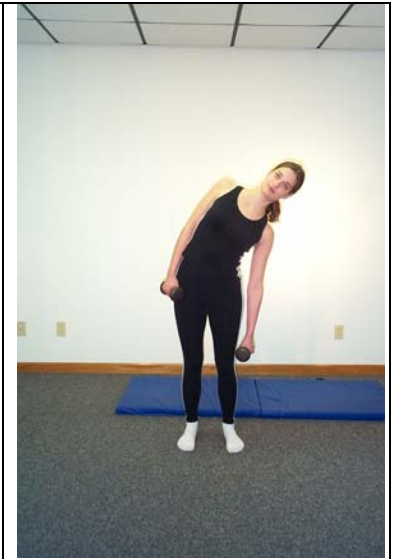
1b) Lateral flexion – right



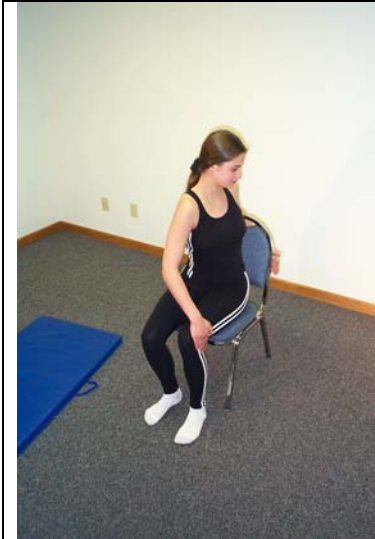
2a) Lat Fl with hand wts



2b) Lat Fl – right



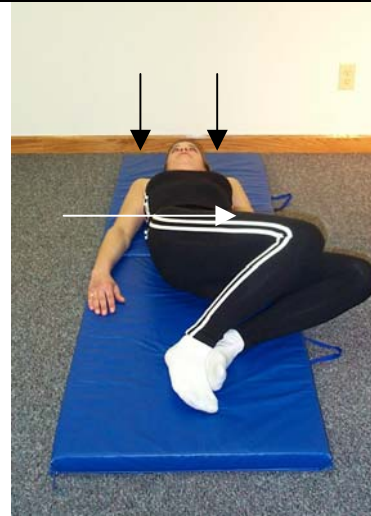
2c) Lat Fl – left



3a) Trunk Rotations



3b) Trunk Rotations



4) Knee to floor rotations
(repeat to opposite side)

Lateral Flexion Exercises - Floor

Hold Time: 1a & b – move 3x to reverse the scoliosis, and 1x in opposite direction. Place hand pressure against the apex of the curve (see arrow).

2a-c, 3a-b, & 4 – alternate sides for 10 reps each / 3 sec. holds.

Modifications should be applied to each individual patient. If sharp or alarming pain occurs, discontinue and discuss with your health care provider

Objective: Improve strength and coordination of the abdominal / core muscles & promote lateral flexion

NAME _____ DATE _____