

Spine Twist

Timeline: 3 to 6 months and 6 months and beyond postop

Appropriate for: knee and hip

Location: a floor mat or a raised mat as needed; a raised mat for a bilateral knee or hip replacement as needed for up to 6 months postop

Instructions

- Sit tall with the legs lengthened out on the mat and the feet flexed. Place a rolled-up towel under the knees and a small, soft ball between the ankles. Keep the legs hip-distance apart. Hug the ball to the midline of the body.
- Think of a rod holding you up tall and a string running from the crown of your head to the ceiling.
- Keep the arms perpendicular to the sides of the body and lengthened out slightly below shoulder height. Reach out as if to touch the walls.
- Inhale to prepare. Exhale and rotate from the waist, twisting to the right. Let the head and neck continue the rotation. Look over the fingers. Sit tall as you twist, drawing the abdominals in deeply as if you were wringing all the air out of the lungs.
- Hold the position for a count of 2.
- Inhale and return to the center.
- Exhale and twist to the left from the waist. Maintain a tall back, and hold for a count of 2.
- As you twist to one direction, draw the opposite hip back in opposition to the twist and keep it stable on the mat.
- **Knee and hip:** Sit up on a moon box or folded towel or blanket as needed. Place a rolled-up towel or ball under the knees as needed.
- Repeat 4 times in each direction.



(continued)

Spine Twist *(continued)*

Options

1. Sit tall on a moon box with a small, soft ball under the knees.



2. Sit tall with a small, soft ball under the knees.



Look for . . . Encourage

- The shoulders gliding down the back
- Twisting only to the point that shoulder alignment is maintained
- The head following in the twist and looking out over the hand
- The abdominals drawn in deeply
- Feeling as if the twist were wringing all of the water out of a sponge
- Sitting tall like a tree reaching to the clouds
- Stable pelvis

Be aware of . . . Prevent

- Feet rolling in, out, or apart when twisting
- Shoulders lifting with the twist
- Hips shifting when twisting

Primary Muscles Activated

Abdominals, biceps, triceps, shoulder complex, multifidi, rotators, iliopsoas, rectus femoris, pectineus, gracilis, sartorius, adductor longus, adductor brevis, adductor magnus, vastus medialis, vastus intermedius, vastus lateralis, tensor fasciae latae, tibialis anterior, hamstrings are stretched (biceps femoris, semitendinosus, semimembranosus)