



## Seated Rotation

To test upper torso mobility and hip mobility



**Equipment:** Dowel, doorway or two solid objects

- Athlete should sit cross legged facing one side of the doorway. Lower legs should be in contact with the door jam and feet should be on either side
- Athlete should sit with trunk in an upright posture and dowel placed across chest in contact with collar bones
- Arms are crossed over chest and hands hold the dowel in place
- With back straight, athlete should rotate to each side, attempting to touch the dowel to the doorframe
- **Limit forward/back leaning or side bending**

**Seated rotation form: rating scale**

1. Dowel touches wall
2. Dowel remains level and in contact with chest
3. Spine remains straight and upright

### Tips

- Tell athletes that they are a shish kabob so they can't bend their bodies