

# SIDE LYING THORACIC ROTATION & SIJ MOBILISER



## Personal Training



# Side Lying Thoracic Rotation & SIJ Mobiliser

**I want to share with you one of my favourite thoracic or trunk mobilisers and how you can add value to it by layering in a sacroiliac joint mobiliser.**

**[Watch this video by the same title under the Video tab to see Ginera demonstrate this technique/exercise first hand.]**





The sacroiliac joint is a part of the spine that is between the lower back, the lumbar and the tailbone. This was also one of my go to movements when I was pregnant as well.

In terms of what you need as a set up, is a firm pillow or a half foam to support your head.

We are going to lie on our side with our head, shoulders and our pelvis aligned.

Our legs at 90 degrees forward and our arms outstretched in front of us, with the wrists in line with the shoulders.



In terms of the movement, we want to inhale as we reach our top palm forward.

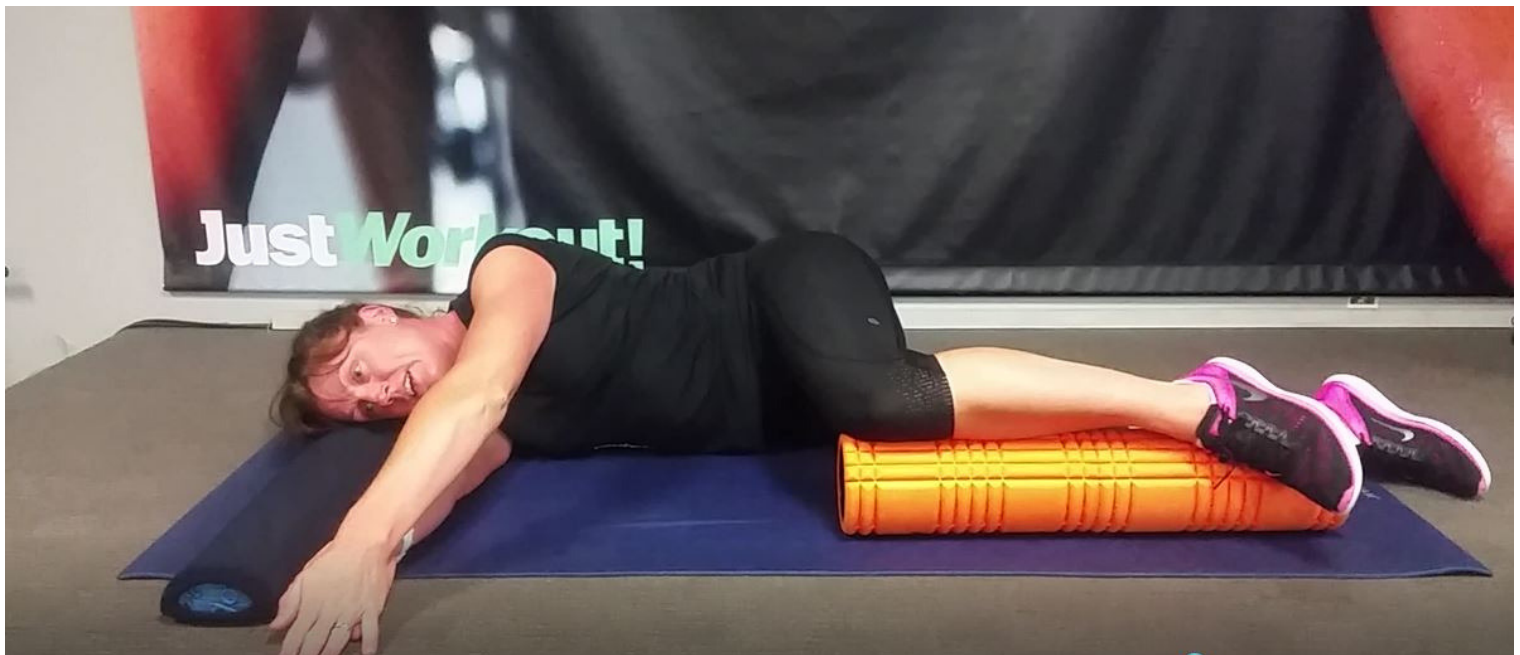
Opening up the space between the shoulder blades, and then exhale as you turn through your breast bone, rotating the trunk, keeping your gaze at the palm, to keep your neck in line with the spine and turn to a position where you feel comfortable.

Inhale as you return to the start, reaching the fingertips forward.



Do this again. Make sure you keep your pelvis in a locked position (not rolling it backwards).

In terms of layering in the sacroiliac joint mobiliser, you can get a full foam roller and place it underneath your top leg at 90 degrees for support.



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Now as we inhale and reach forward, we want to draw the pelvis back in the opposite direction, and as we exhale, rotate through the spine, we want to lengthen the knee forward in the opposite direction to the rotation.

So there are two movements for you to do to help you mobilise your sacroiliac joint and thoracic area.

**This Ebook is a collaboration between Ginera Linton-Ozich, Trainer at vitalityhealthsolutions & Global Healing Exchange**

