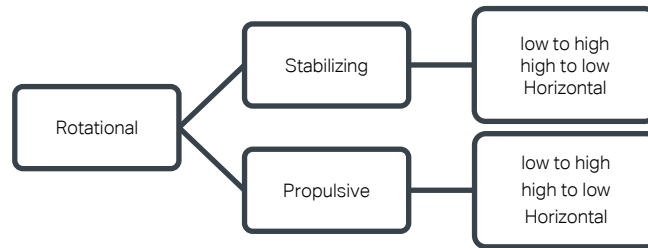


## STRENGTH – ROTATIONAL



Optimal Movement Pattern:

Rotational Propulsive

- ✦ No flexion or extension in the trunk (Neutral Spine)
- ✦ Weight should be centered over the arches (weight shift equal between both legs)
- ✦ Hip and knee flexion extension should be smooth and coordinated
- ✦ A tight axis of rotation is optimal

Rotational Stability

- ✦ No flexion or extension in the trunk (Neutral Spine)
- ✦ No lateral movement of the trunk (Neutral Spine)
- ✦ Movement should only be with extremities (one or both)
- ✦ No rotation seen through the torso



Common Rotational Compensations

Weight Shifts

- ✦ Early Weight Shift

Torso & Pelvis

- ✦ Trunk Extension / Rotation

Lower Quarter

- ✦ Squatting Pattern / Inside Hip Abd-ER
- ✦ Outside Knee Collapse