Trunk Rotation

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Desirable</th>
<th>Above Average</th>
<th>Average</th>
<th>Below Average</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trunk Rotation – Floor to AC</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>12cm or less</td>
<td>13-15cm</td>
<td>16-18cm</td>
<td>19-21cm</td>
<td>21+cm</td>
<td></td>
</tr>
</tbody>
</table>

Locate the point of the AC joint at the Shoulder and mark this point.

![AC marker](image)

Lie on the floor in the ‘X’ position

- Lower Leg parallel to Trunk and bent at Knee to 90°
- Upper Leg rotated across Hips, Knee in contact with floor and bent to 90°. Ensure that Knee remains in contact with the ground.
- Arms wide, parallel to Thigh and lower Shin
- Breathe in and out twice. Measure after second exhalation

Note the link of the fascial tissue from lower limb through to top Shoulder

![Lower Shin, Upper Thigh parallel to Shoulders](image)
Measure height from floor to AC point