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ROTEXMotion Exercise Guide and PT Protocols

- 1. Internal Hip Rotation – Floor Models**
 - Hip Mobility and Increased Range of Motion
 - Low Back Stability
 - Pelvic Floor Activation
 - 2. Multi-Plane Squat – Floor Models**
 - Ankle Mobility
 - Knee Stability
 - Spine Stability
 - 3. External Shoulder Rotation – Floor Models**
 - Shoulder Blade Stability
 - Shoulder Joint Mobility
 - Rotator Cuff Activation
 - 4. External Shoulder Rotation w/ Pelvic Tucks – Floor Models**
 - Pelvic Floor Activation
 - Shoulder Blade Stability
 - Low Back Tension Release
 - 5. Thoracic Mobility – Floor Models**
 - Low Back Stability
 - Shoulder Blade Stability
 - Neck and Shoulder Joint Mobility
 - Hip Mobility
 - 6. Full Body Rotation w/ Dowel – Floor Models**
 - Torso Mobility
 - Hip Mobility
 - Ankle Mobility
 - Low Back Stability
 - 7. Pelvic Thrust – Floor Models**
 - Pelvic Floor Activation
 - Low Back Tension Release
 - Hip Range of Motion
 - 8. Hip Abduction and External Rotation w/ Theraband – Floor Models**
 - Hip Activation
 - Hip Strength
 - Knee Stability
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9. Internal Ankle Rotation – Floor Models

- Ankle Mobility and Strength
- Foot Stability and Posture

10. External Ankle Rotation – Floor Models

- Ankle Mobility and Strength
- Foot Stability and Posture

11. External Ankle Eccentric Contractions – Floor Models

- Ankle Stability
- Ankle Sprain and Strain Reduction
- Foot Strength and Stability

12. External Rotation of Deep Hip – One Floor Model

- Hip Mobility
- Reduced Low Back Tension
- Hip Flexor Mobility
- Reduced Hip Flexor Tension

13. Full Body Counter Rotation – Floor Models and Handheld

- Full Body Joint and Tissue Activation
- Full Body Tension Release

14. Hip Flexor Release – One Floor Model and Handheld

- Hip Flexor Mobility
- Opposite Hip Stability
- Thoracic Mobility

15. Lead Hip Resistance – One Floor Model and Handheld

- Powerful Deceleration of Lead Side Rotation
- Strong Post Up
- Reduction of Hip and Knee Injury

16. Full Body Tissue Activation – Floor Models and Handheld

- Full Body Tension Release
- Ankle, Hip, Torso, Shoulder Activation and Mobility

17. Shoulder Range of Motion – Serratus Anterior – Handheld

- General Shoulder Mobility
 - Increased Shoulder Elevation
 - Decreased Frozen Shoulder and Rotator Cuff Injury
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18. Rotation Activation – Hip, Torso, Shoulder – Handheld

- Hip Mobility
- Spine Mobility
- Shoulder Mobility
- Low Back Stability

19. Forearm, Wrist, Hand – Handheld

- Forearm, Wrist Strength and Mobility
- Elbow, Hand Stability

20. Elbow Tendon Release – Handheld

- Reduction of Elbow Tendinitis Occurrence
- Reduce Acute Elbow Tendinitis
- Possible Ulnar Collateral Ligament Protection and Rehab

21. Posterior Shoulder Activation – Handheld

- Outward Shoulder Activation
- Reduced Rotator Cuff Injury
- Shoulder Blade Stability
- Shoulder Joint Mobility

22. Lat Release – Handheld

- Low Back Tension Release
- Shoulder Joint Mobility
- Torso Mobility
- Hip Mobility

23. Full Body Rotational Endurance – Handheld

- Joint and Tissue Rotational Endurance

24. Globe – Putting it Together

- Learn How

25. Globe – Forearms, Wrist, Hands, Elbow

- Strengthen Forearm Flexors and Extensors
- Reduce Elbow Tendinitis
- Train Elbow to Stabilize Full Forearm Rotation

26. Globe – Loading the Backside

27. Globe – Training Down and Through Muscles and Positions

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Mechanical Activation, Correction, and Recovery (Adjunct Exercises to PT Protocol)

Achilles Issues	1, 2, 9, 10, 11
Adhesive Capsulitis	3, 17, 21, 22
Ankle Sprain (Low and High)	1, 2, 9, 10, 11
Anterior Cruciate Ligament (ACL)	1, 2, 8, 11
Elbow Epicondylitis and Elbow Biceps Tendinitis	3, 19, 20, 17, 22
Hamstring Strain	1, 2, 5, 7, 12
Hip Myofascial Imbalance	1, 2, 5, 6, 14
Hip Hypomobility	1, 2, 5, 14, 8
Hip Hypermobility	1, 2, 4, 5, 8
Lower Abdominal Injury / Sports Hernia	1, 2, 5, 7, 8
Lower Crossed Syndrome	1, 2, 5, 6, 7, 8
Low Back Mechanical Issues	1, 2, 5, 22
Neck Stiffness and Mechanical Issues	5, 17, 21, 22
Obliques Strains and Mechanical Issues	1, 2, 4, 5, 6
Patellafemoral Tendinitis	1, 2, 7, 8
Pelvic Floor Myalgia / Vaginismus	1, 2, 4, 5, 7, 8
Plantar Fasciitis	1, 2, 9, 10, 11
Rotator Cuff Mechanical Issues	3, 5, 17, 21, 22
Shin Splints	1, 2, 9, 10, 11
Snapping Hip Syndrome	1, 2, 6, 8
Lumbar Stability (Activation of Inner Unit Core)	1, 2, 4, 5
Stress Incontinence	1, 2, 4, 5, 7, 8
Squat Immobility	1, 2, 5, 8, 22
Upper Crossed Syndrome	3, 4, 5, 17, 21, 22
Home Therapy Post Clinical Rehabilitation	Specific Issue
General Full Body Myofascial Balance, Range of Motion, Joint Mobility	1, 2, 4, 5, 8, 22

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Multi-Planar Rotational Exercise – Sport Specific

Increasing Rotation Back and Through – 1, 2, 5, 6, 8, 22

Increasing Internal Rotation in Both Hips – 1, 2, 5, 6, 8, 22

Increasing Flexion in Trail Hip for Backswing – 1, 2, 4, 15, 13

**Lead Hip Internal Rotation and Ground Reaction Force – 1, 2,
4, 8**

Rotational Endurance – Full Body - 23

Increasing Pivot – 5, 6, 13, 14

Increasing Range of Motion – Full Body 1, 2, 4, 5, 8, 16, 6

Upper to Lower Body Dissociation – 13

Hip to Ankle Dissociation - 2

Increasing Foot and Ankle Balance – 9, 10, 11

Shoulder Plane – 17, 21, 22

Isolating Specific Parts of the Body - 18

Pitchers Release – 17, 19, 20, 21, 22

**Increasing Acceleration and Deceleration – 1, 2, 5, 6, 7, 15,
17, 19, 23**
