

**FIGURE 24-17.** Recruiting the side flexors and rotators more specifically. The patient is in the sidelying position, with the head supported on a pillow with a towel roll under the neck. The roll is used as the fulcrum, and the deeper muscles can be emphasized by ensuring the neck remains in contact with the roll decreasing the amount of translation taking place.

Hall & Brody: The rapeutic Exercise: Moving Toward Function, 2nd Edition  $\ensuremath{\textcircled{}}$  2005, Lippin cott Williams and Wilkins