

❖ Rolling from Supine to Sidelying: Normal Movement

Analysis of Normal Movement: Rolling from Supine to Sidelying

Notice the normal movement (and sequence of movements) of the head, shoulders, trunk, and lower extremities in rolling from supine to sidelying. There will be variations from person to person (some initiate rolling with the shoulders, others initiate rolling with the legs), but the components which enable people to roll from side to side remain fairly consistent.

⌘35 Pause and Practice with a Partner

(This Practice Session is not demonstrated on the video.)

Self Experience

Note your own movements and sequences of movements.

Observe and Analyze Others

Note variations.

Notes
