

Exercise Prescription: Standing Side-Gliding

Purpose of Exercise:

This is a self-treatment for asymmetrical low back and leg pain that has failed to respond to extension exercises.

Frequency:

6-8 times per day or about once every 2 hours.

Starting Position:

Standing about 1 foot from a wall, symptomatic side away from the wall, with feet together. The elbow of the arm closest to the wall is bent as shown (1). The hand farthest away from the wall is placed on the hip. Additional pressure may be achieved by adding a pillow/pad between your shoulder and the wall as shown (3).

Exercise Description:

From the starting position, slowly slide your hips towards the wall, as far as possible (2,4). Make sure to keep your hips and shoulders perpendicular to the wall.

Hold this position for 2-3 seconds, then straighten back into the starting position. Repeat this movement 10 times. Try to move the hips closer to the wall on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your back to leg or farther down your leg), discontinue the exercise.

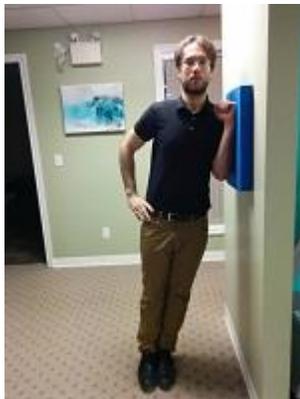
Pictures:



1



2



3



4