

PREVENTION & REHABILITATION – SELF-MANAGEMENT: PATIENT SECTION

## Reverse lunge slide<sup>☆</sup>



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In a society where sitting has become the norm our optimal upright posture suffers. In particular, we become slumped forward due to having our hips flexed for prolonged periods. The result is poor hip mobility, loss of gluteal function, and compensatory areas of tension in our spine and shoulder girdles.

The solution is to regularly take “micro-breaks” to minimize the ecological damage from sedentary postures. Unfortunately, in most of us hip mobility has already become compromised due to years of excessive sitting. It is therefore important to employ simple means to improve hip mobility. This should be done at both the brain level where habits of tension are learned, as well as in the tissue itself. Think in terms of the problem being as much a software as hardware issue.

An exercise is shown here which can “re-set” the postural program “hard-wired” in our brain for being upright. This exercise uses a slider which is a small flat disc shaped object which slides along the floor. It is a home or portable version of the large slide boards that athletes such as skiers and skaters use regularly for rehabilitation and athletic development.

### Reverse lunge with a slider

Training for the left hip is described

1. Stand tall with the balls of your left foot on a slider disc (see Figure 1a)
  - Gaze with your eyes straight ahead
  - Relax your shoulders
2. Step back with your left leg sliding along the floor (see Figure 1b)
  - As the left leg moves back the body tilts forward and the eyes gaze slightly downwards

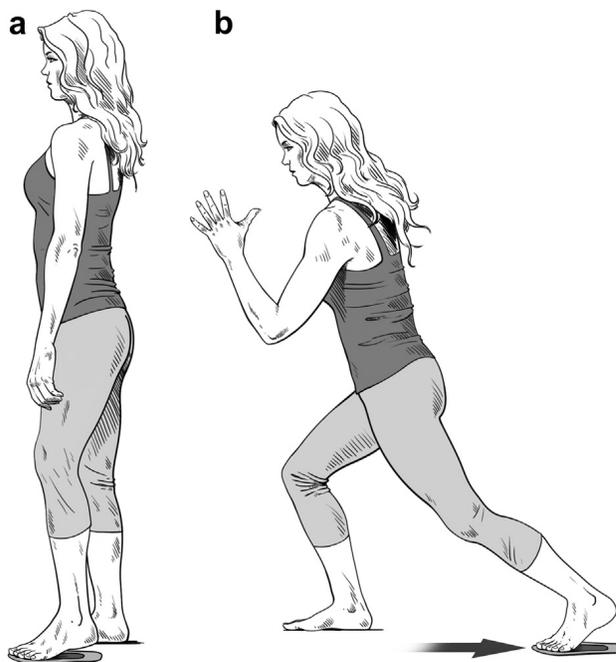


Figure 1 Reverse lunge slider (a) start position, (b) end position.

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- the left arm moves forward in a relaxed running type of motion which mirrors the angle of the opposite leg

**Note:**

- The right knee should be placed over the arch, never behind the heel or over the toes

- The left knee should be slightly bent ("soft")
- The right arm should hang loosely down at the side

**Repetitions:** Perform 5–6 repetitions and switch legs.

**Progression:** For a strengthening exercise slide back farther until the left knee touches the floor.