

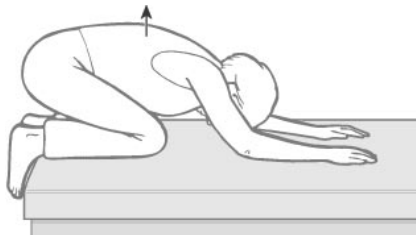
Self-treatment of the slump posture

Part Three: Advanced exercises

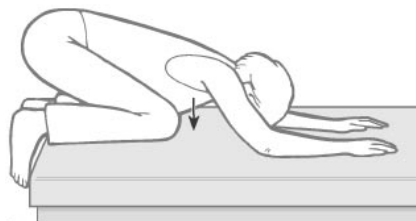
The active prayer stretch

Your starting position:

- Kneel on a bed with your knees slightly apart
- Then, sit back on your heels



A



B

Fig. 1 Active prayer stretch.

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- Be sure that your ankles are off the bed
- Then, place your arms overhead bending them at the elbows.
- Tuck your chin slightly and be sure you are not shrugging your shoulder up towards your ears

your mid-back rounds upwards slightly)

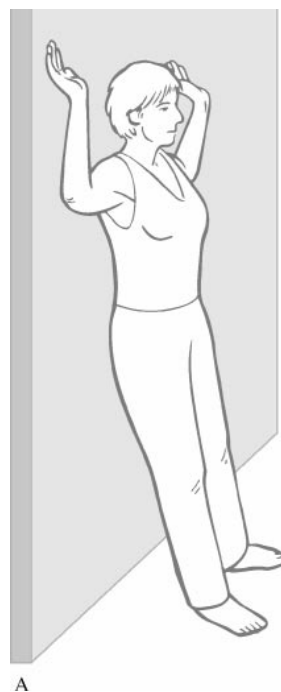
- Then let your breath go while you let your breast bone collapse towards the floor
- When almost out of breath actively exhale or cough to help bring your chest closer to the floor

The exercise:

- Once in the proper position breathe in (you will notice that

Repetitions _____

Frequency _____

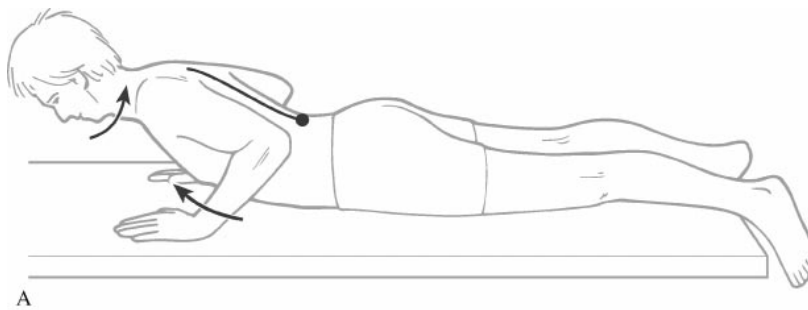


A

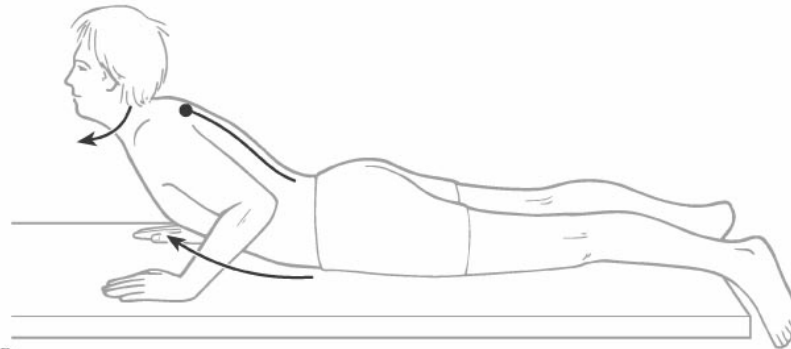


B

Fig. 2 Wall slide with arm elevation.



A



B

Fig. 3 Kolár's prone trunk extension test (A) correct; (B) incorrect.

breathing out like you are gently trying to blow up a balloon

Mistakes to avoid:

- Try to lift your breast bone up without arching your lower back
- Try to avoid poking your chin or shrugging your shoulders upwards

Repetitions _____

Frequency _____

Lower abdomen breathing exercise

Your starting position:

- Lie on your back in a relaxed position
- Place one hand just above your navel and one just below

The exercise:

- Try to breathe in to your lower hand
- If necessary push in with your lower hand as you try to breathe in

Repetitions _____

Frequency _____

The wall slide

Your starting position:

- Stand with your back against a door or wall
- Try and have the back of your head against the wall and your chin slightly tucked in
- Your feet should be a few inches forward
- Your arms should be elevated overhead in a cactus or 'under arrest' position

- Tuck your chin in slightly and depress your shoulder blades slightly towards your waist

The exercise:

- Try to lift your chest up from the table or floor as you exhale by

The exercise:

- Keep your arms elevated while squatting slowly down the wall
- As you squat down actively breathe out and feel your abdominal muscles tighten
- You should feel a stretch in your mid to lower back as you slide down the wall

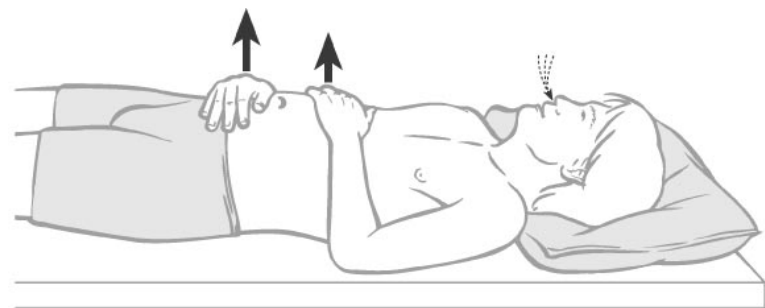
Repetitions _____

Frequency _____

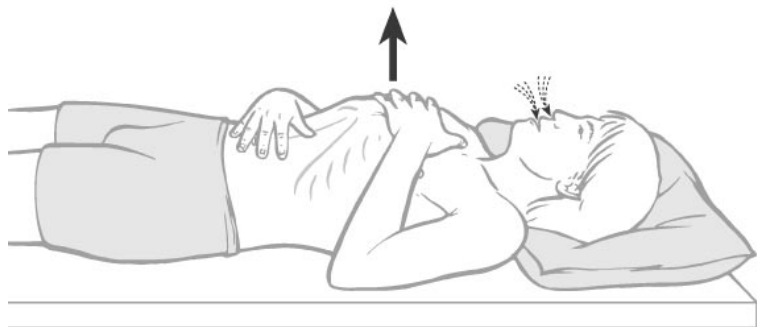
Active trunk extension

Your starting position:

- Lie on your stomach
- Prop yourself up slightly on your hands



A



B

Fig. 4 Lower abdomen breathing exercise.