

Exercise Prescription: Brettzel 2.0

Purpose of Exercise:

This is a very effective drill for increasing posterior mobility in the legs, low back, and mid-back.

Starting Position:

Facing downward in a low lunge position with one leg straight out behind (trail leg) you and the other flexed in front of you (lead leg) with the knee bent and the side of the foot on the ground as shown.

Exercise Description:

From the starting position, try to bring the front of the pelvis on the side of the trail leg towards the heel of your lead leg. Try to keep your shoulders and pelvis square. Take a few deep breaths in this position.

Next, bring the arms around towards the lead leg and then fold forward onto your lead leg, bringing your head to your forearms if mobility permits. Take 6-12 deep breaths in this position and then repeat on the other side. If one side is tighter, complete twice as many breaths on that side.

You should expect to feel a large amount of tension but no pain during this exercise.

Pictures:



