

Exercise Prescription: 90-90 Relief Position

Purpose of Exercise:

This is a pain control posture for acute low back, hip, and leg pain/spasm.

Starting Position:

Laying down on your back, your legs supported by a chair/stool as shown. Your hips and knees should both be at about 90 degrees of flexion.

Exercise Description:

In the starting position, make sure that you are as relaxed as possible. Pay attention to any tightness in the legs, core, or low back and while focusing on taking slow, deep breaths, try to relax any tense areas.

Breathing Steps:

1. Belly rises first. Imagine you are blowing your belly up like a balloon.
2. Push your bottom ribs out to the side.
3. Breathe into your pelvis. Find the bony bits on the front of your pelvis and sink your fingers into the soft tissue on the inside. Make sure your fingers rise as you breathe deep down into your pelvis.

Stay in this position for 10-20 minutes, until any acute spasm has been decreased/eliminated.

Pictures:



