

## Exercise Prescription: Brettzel

### Purpose of Exercise:

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

### Starting Position:

Laying down on your side with the top knee flexed up, the other leg straight. Foam pads or pillows may be placed under the neck and bent knee to help maintain good alignment.

### Exercise Description:

From the starting position, place the hand of your lower arm on the top of the knee that is flexed up as shown. Now take the other hand and grab the ankle of your bottom leg (if this is too difficult, you may loop a towel/strap around the ankle).

Inhale, and then exhale and try to rotate farther, bringing your shoulder down, closer to the ground. Repeat this for 3-6 breaths, trying to bring the shoulder to make contact with the ground.

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:



