

Exercise Prescription: Roadkill Press-up

Purpose of Exercise:

This is a self-treatment for hip/groin/buttock/leg pain and stiffness can be used as one of the exercises to prevent this pain from recurring once you have achieved full recovery.

Frequency:

When in pain, repeat every hour until the pain decreases.

Starting Position:

Lying down on your stomach, bring the affected leg up to your side as shown (1). Rest your forehead on the back of your hands. When in acute pain, you may lay in this position until the pain decreases.

Exercise Description:

Begin by taking a few deep breaths into the belly, feeling your low back move up and down with your breath.

Now, from the starting position, raise yourself up onto your elbows and take a few more deep breaths. If this places too much strain on your back or arms, you may place a pillow or two under your chest to make this more passive. To make this more active, pull your elbows towards your hips (without moving them) and reach forward with the top of your head (maintaining a tall spine), you should feel some tension in your low back.

Once you feel comfortable on your elbows, from the starting position, bring your hands under your shoulders and then straighten your elbows and look upwards. Take a deep breath in, feeling your low back sag, and then return to the starting position. Repeat 8-12 times.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

Pictures:

