

Exercise Prescription: Getting Up

Purpose of Exercise:

This is a technique for getting up from a horizontal position that will spare the spine from any excess/unnecessary stress.

Frequency:

Use this technique whenever you raise up from your bed or the floor.

Starting Position:

Laying on your side as shown. Support your neck with the lower hand. Reach across your body and place your upper hand as shown, taking care not to rotate the spine. Hips and knees are flexed to 90 degrees and feet are positioned at the edge of the bed. If raising from the floor, stagger your legs as shown in the alternate starting position.

Exercise Description:

From the starting position, begin to lower your legs using them as a counter-weight while pressing your upper body upwards with your upper arm, still supporting your neck with your lower arm.

Once your upper arm is straight, do not rotate through the torso to complete the movement. Rather, release the support of your head with your lower arm and use this arm to press yourself up the rest of the way. You may place your upper arm on your hip to aid in awareness of pelvic position.

Make sure to maintain good spinal alignment during this movement.

Pictures:

