

Exercise Prescription: Supine Flexion with Rotation

Purpose of Exercise:

This is a self-treatment for asymmetrical low back and leg pain that has failed to fully respond to extension and lateral glide exercises.

Frequency:

6-8 times per day or about once every 2 hours.

Starting Position:

Lay on your back with your knees bent and your feet flat on the floor. Shift the hips 3-4 inches away from the painful side.

Exercise Description:

Bring both knees up towards your chest until they are flexed to about 90 degrees then slowly lower the legs towards the painful side as shown. Try to rotate as much as possible, or to the edge of the pain. If this motion is painful, the pain should decrease gradually with each repetition.

Hold this position for 2-3 seconds, then bring yourself back into the starting position. Repeat this movement 10-12 times per session.

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

Pictures:

