Self-treatment of the slump posture

Part Three: Advanced exercises

The active prayer stretch

Your starting position:

- Kneel on a bed with your knees slightly apart
- Then, sit back on your heels

Be sure that your ankles are off the bed
Then, place your arms overhead bending them at the elbows.
Tuck your chin slightly and be sure you are not shrugging your shoulder up towards your ears

The exercise:

- Once in the proper position breathe in (you will notice that your mid-back rounds upwards slightly)
- Then let your breath go while you let your breast bone collapse towards the floor
- When almost out of breath actively exhale or cough to help bring your chest closer to the floor

Repetitions ___________________
Frequency ____________________

Fig. 1 Active prayer stretch.

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Fig. 2 Wall slide with arm elevation.
The wall slide
Your starting position:
- Stand with your back against a door or wall
- Try and have the back of your head against the wall and your chin slightly tucked in
- Your feet should be a few inches forward
- Your arms should be elevated overhead in a cactus or ‘under arrest’ position

The exercise:
- Keep your arms elevated while squatting slowly down the wall
- As you squat down actively breathe out and feel your abdominal muscles tighten
- You should feel a stretch in your mid to lower back as you slide down the wall

Mistakes to avoid:
- Try to lift your breast bone up without arching your lower back
- Try to avoid poking your chin or shrugging your shoulders upwards

Repetitions ___________________
Frequency ____________________

Active trunk extension
Your starting position:
- Lie on your stomach
- Prop yourself up slightly on your hands
- Tuck your chin in slightly and depress your shoulder blades slightly towards your waist

The exercise:
- Try to lift your chest up from the table or floor as you exhale by breathing out like you are gently trying to blow up a balloon

Mistakes to avoid:
- Try to lift your breast bone up without arching your lower back
- Try to avoid poking your chin or shrugging your shoulders upwards

Repetitions ___________________
Frequency ____________________

Lower abdomen breathing exercise
Your starting position:
- Lie on your back in a relaxed position
- Place one hand just above your navel and one just below

The exercise:
- Try to breathe in to your lower hand
- If necessary push in with your lower hand as you try to breathe in

Repetitions ___________________
Frequency ____________________