

## RE-ALIGNMENT Tips

## BENEFITS:

1. It helps to re-align the curves of the back and improve standing posture.
2. It allows the back muscles to rest and strengthen in preparation for more activity.

## FREQUENCY:

Daily, even after weeks, months and years of more advanced exercises.

## START:

1. All exercises start in the same position: lying on the back, arms resting on the supporting surface, palms up and slightly away from the body, backs of hands down, knees bent, feet flat.
2. The head, neck, arms, and legs are supported according to specific instructions of your therapist.

## SUPINE Tips B

## START:

Most supine exercises begin by lying on back with appropriate support, arms turned up, backs of hands on supporting surface, knees bent with feet flat.

Weight of feet is on Foot Triangle of Support.

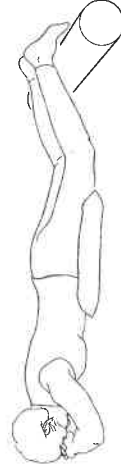
## STABILIZE:

Your lower back and neck need to be stable during exercise.

Stabilize the lower back by tightening lower abdominal muscles ("drawing in" the belly button toward front of backbone) and tightening pelvic floor muscles.

Stabilize the neck by tilting the chin **SLIGHTLY** upward and holding it there.

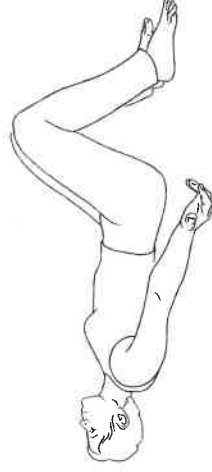
## PRONE - 1 Abdominal Lying



Lie on abdomen, pillows as needed under hips, ankles, forehead and chest. Rest forehead on hands or on folded towel as needed and/or instructed by your therapist.

Lie 1-2 minutes.

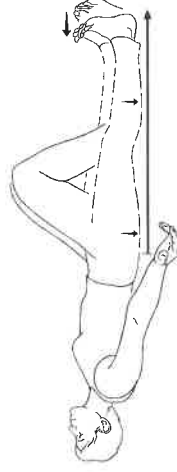
## RE-ALIGNMENT - 1A Decompression Exercise: Basic



Lie on back on firm surface, knees bent, feet flat, arms turned up, out to sides, backs of hands down. Time 1 minutes.

Surface: floor

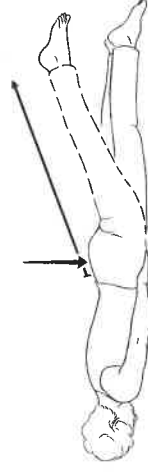
## SUPINE - 4 Leg Lengthener / Leg Press Combo: Double Leg



Straighten both legs, one at a time, down to floor. Pull toes AND forefeet toward knees; extend heels. Lengthen legs by pulling pelvis away from ribs. Press legs down. **DO NOT BEND KNEES.** Hold 20 seconds. Relax legs.

Re-bend knees one at a time to starting position. Repeat 1-2 times.

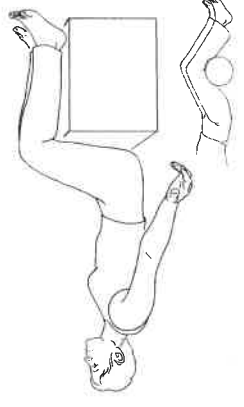
## PRONE - 3 Leg Lift: One-Leg



Press pelvis down. Keep knee straight; lengthen and lift one leg (from waist). **Do not twist body.** Keep other leg down. Hold 10 seconds. Relax.

Repeat 1 time. Repeat with other leg.

## RE-ALIGNMENT - 1B Decompression Exercise: Leg Support



Lie on back on firm surface arms turned up, out to sides, backs of hands down. Support under legs: knees on bolster. Time 1-2 minutes.

Surface: floor

## PRONE Tips

Lying on the abdomen is called the prone position. If you have not been on your abdomen in a long time, you may need to get used to this position slowly. Lying on the abdomen, even without doing any further exercise, is good for re-aligning the back.

**START:** Lie on your abdomen with support as needed under hips, ankles, forehead and chest.

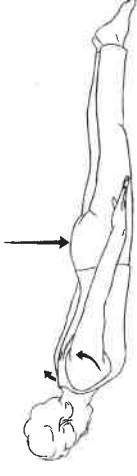
## STABILIZE LOWER BACK WITH PELVIC PRESS:

Feel weight of pelvis on floor and press down into the floor.

**REPETITIONS:** Some exercises may require several repetitions; others may be performed just one time with a longer hold. *Carefully read and follow the directions given to you by your therapist.*

**PRACTICE:** Lie on your abdomen several times daily.

## PRONE - 5 Shoulder Blade Squeeze: Arms at Sides



Arms at sides, parallel, elbows straight, palms up. Press pelvis down. Squeeze backbone with shoulder blades, raising front of shoulders, chest, and arms. Keep head and neck neutral. Hold 5-10 seconds. Relax.

Repeat 5-10 times.