

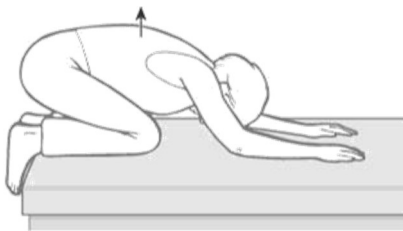
Self-treatment of the slump posture

Part Three: Advanced exercises

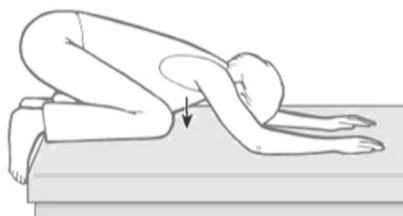
The active prayer stretch

Your starting position:

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



A



B

Fig.1 Active prayer stretch.

- . 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
- . 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

The exercise:

- . Once in the proper position breathe in (you will notice that

Repetitions _____

Frequency _____



A



B

Fig.2 Wall slide with arm elevation.

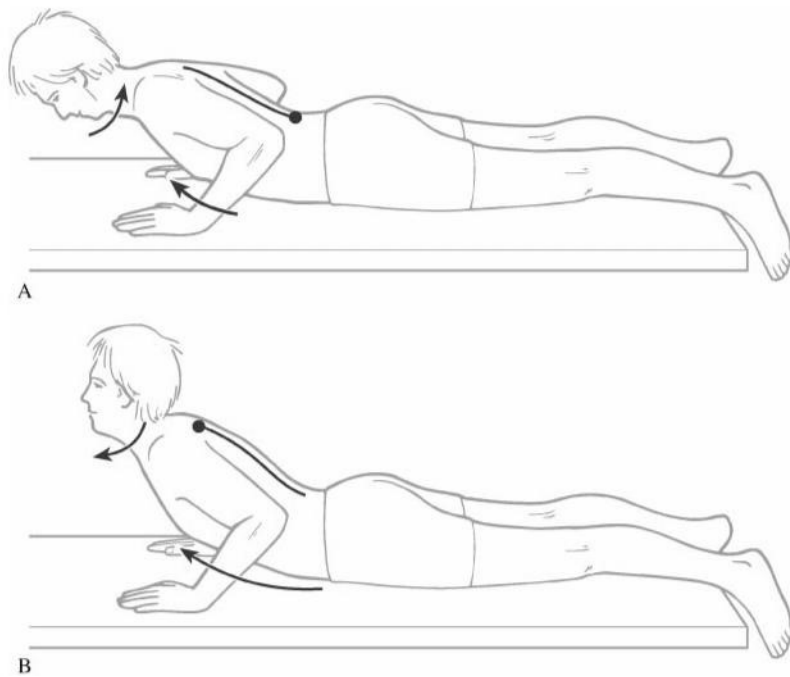


Fig. 3 Kolar's prone trunk extension test (A) correct; (B) incorrect.

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 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

- . Tuck your chin in slightly and depress your shoulder blades slightly towards your waist

The exercise:

- . Try to breathe in to your lower hand
- . If necessary push in with your lower hand as you try to breathe in

The exercise:

- . Try to lift your chest up from the table or floor as you exhale by

Repetitions _____

Frequency _____

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

Repetitions _____

Frequency _____

Active trunk extension

Your starting position:

- . Lie on your stomach
- . Prop yourself up slightly on your hands

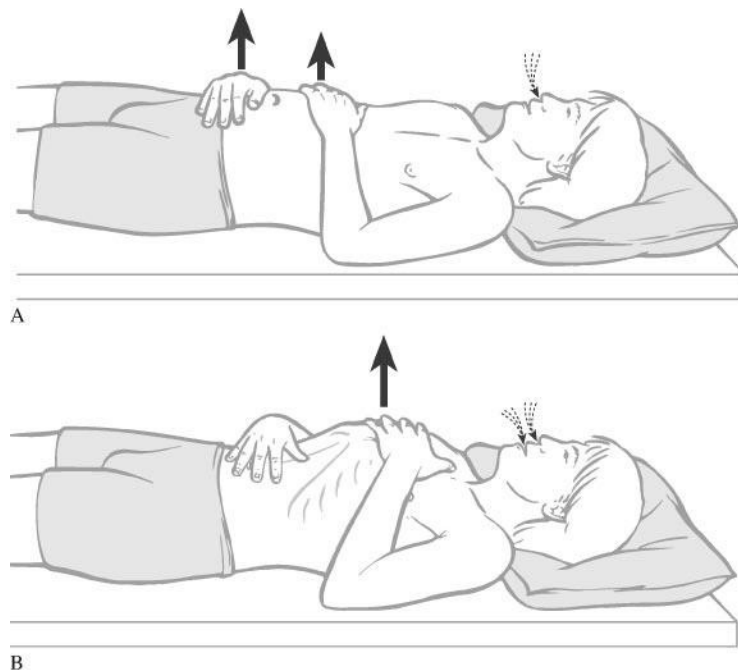


Fig. 4 Lower abdomen breathing exercise.