

Static Wall with Cervical and Lumbar Roll



Reps:

Sets:

Duration:

Instructions:

1. Place a small towel roll (size to be determined by therapist) beneath lumbar spine (beneath the level of the belly button).
2. Place another small towel roll beneath the cervical spine (neck).
3. Breathe and relax in this position for prescribed time.

Position: Static Wall

Lying on your back with your legs against a wall, glutes as close to the wall as possible. Keep your feet flexed (so foot is flat to ceiling) and your knees locked straight (if can't lock knees with glutes against wall, slide body a little further away from wall until able to lock knees). Arms are out at a 45 degree angle, palms up.

Purpose: This creates thoracic extension, promotes lengthening of the posterial facial line (calves, hamstrings, through the back) while eliminating rotations of the pelvis. Promotes flexion of the hip. Rolls promote proper curvature of the spine.