Static Back Pullover Presses (Option for Block or Strap)

Reps:	Sets:	Duration:

Instructions:
1. Bring your arms above the center of your chest, palms together, keeping your elbows locked
2. Raise your hands above your head and press into the floor (30% of muscle strength)
3. Return to starting position and repeat as directed by your therapist

With Pillow
4. Place a block (pillow) between your knees and engage and gently squeeze pillow (30% of muscle strength)
5. Pull knees back and lift your heels toward the ceiling- return to starting position and relax

With Strap:
6. Place strap around your thighs just above your knees and extend your arms at a 45 degree angle
7. Engage and gently press against the strap
8. Pull knees back and lift your heels toward the ceiling -return to starting position and relax

Purpose: This position utilizes the floor and gravity to take out any rotations in the body. It isolates the pelvis and creates a horizontal weight load line between the pelvis and the shoulders. This position helps prevent compensation from occurring while performing other types of muscular work. Creates thoracic extension, repositioning the shoulder blades, engaging paraspinal muscles creating stability throughout the trunk.