

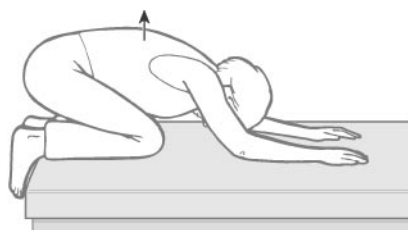
# Self-treatment of the slump posture

## 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.

**Craig Liebenson** DC  
10474 Santa Monica Blvd., 202 Los Angeles,  
CA 90025, USA

Correspondence to: C. Liebenson  
Tel: +1-310-470-2909; Fax: +1-310-470-3286;  
E-mail: cldc@flash.net

Received, revised and accepted July 2001

*Journal of Bodywork and Movement Therapies* (2001)  
5(4), 269-270

© 2001 Harcourt Publishers Ltd

**This paper may be photocopied for educational use.**

doi: 10.1054/jbmt.2001.0239, available online at  
<http://www.idealibrary.com> on IDEAL

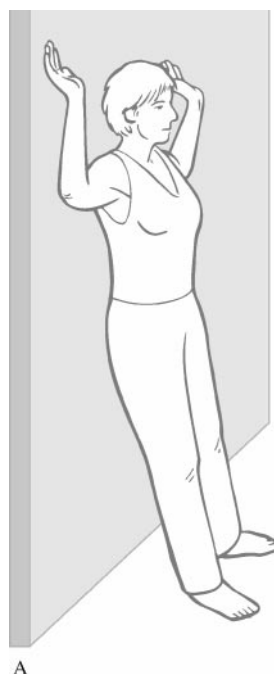
- Be sure that your ankles are off the bed
- Then, place your arms overhead bending them at the elbows.
- Tuck your chin slightly and be sure you are not shrugging your shoulder up towards your ears
- your mid-back rounds upwards slightly)
- Then let your breath go while you let your breast bone collapse 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.

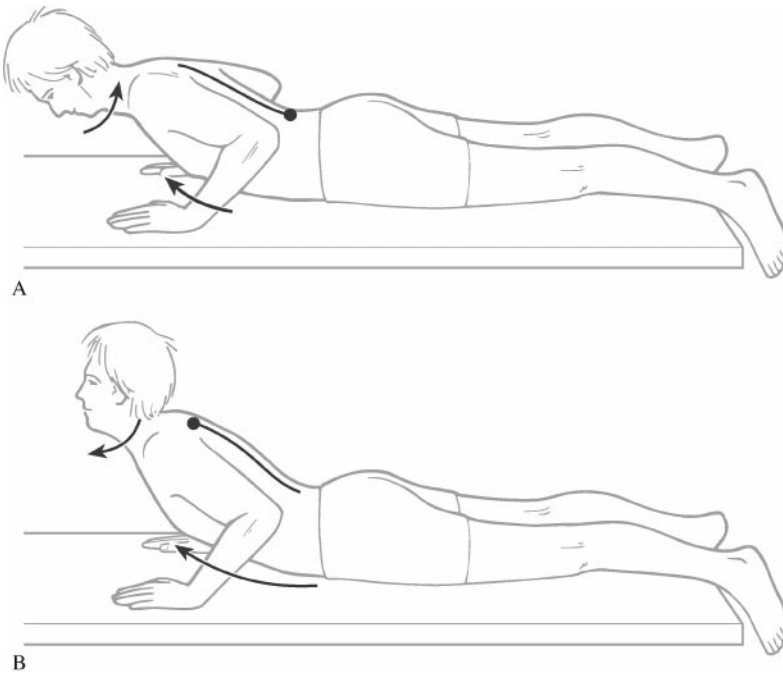


Fig. 3 Kolár's prone trunk extension test (A) correct; (B) incorrect.

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 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 \_\_\_\_\_

**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

Repetitions \_\_\_\_\_

Frequency \_\_\_\_\_

- 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

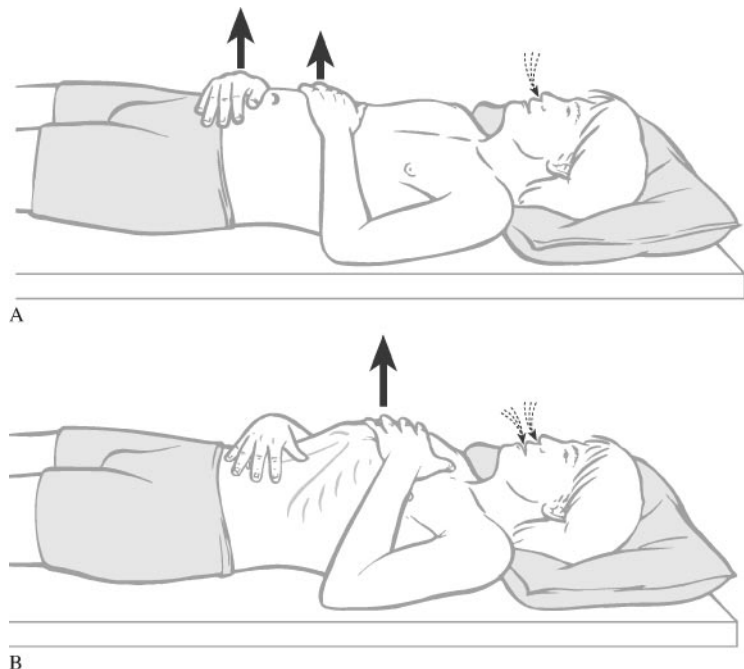


Fig. 4 Lower abdomen breathing exercise.