

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

RJR Horse and Thinker Stretch

Used for pain anywhere in the body from head to toe, especially for pain noted in standing, walking, standing up from sitting, lying on the back with legs straight, or bending backward.

Perform 2 times a day and any time the pain increases.
Stay in the position for 90 seconds. Do this to each side.

DO NOT BEND FORWARD IF YOU HAVE HAD A POSTERIOR HIP REPLACEMENT UNTIL DOCTOR SAYS OK



1. Sit forward and slide feet out to the side.
2. Pull knees apart.
3. Bring shoulders forward, nose toward the knee.
4. May rest head on hand just like Rodin's *The Thinker*.

© Loraine Lovejoy-Evans, MPT, DPT