

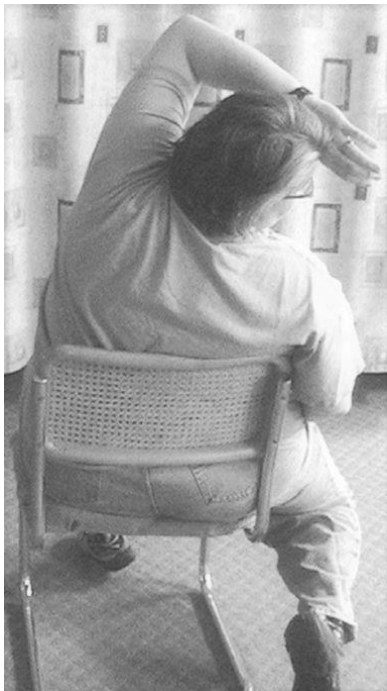
Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

RJR Backward Bending Stretch sitting

Used for pain in sitting or bending forward.

Perform 2 times a day and any time the pain increases.

Stay in the position for 90 seconds. Do this to each side.



Sit in a chair that allows your head to lean back, or use a pillow or towel rolled up behind the back under the shoulder blades.

1. Drop your leg off the chair if possible.
2. Bring shoulders toward your hip.
3. Bring your ear toward your shoulder and hip.
4. Turn your chin/face toward your shoulder.
5. Lean your head backward.
6. Lay opposite arm overhead.

If you feel worse, try not moving as far with the upper body.

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