

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

RJR Backward Bending Stretch

Used for pain in sitting, bending forward, or lying on back with knees bent.

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

Stay in the position for 90 seconds.

Do this to each side.

1. Lie down.
2. Drop your leg off the bed so your knee is below your hip.
3. Bring shoulders toward your hip.
4. Bring your ear toward your hip.
5. Turn chin/face toward leg off the bed.
6. Jut chin toward ceiling, arching neck (no pillow if able).
7. Lay opposite arm overhead.



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

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