

## Releasing Joint Restrictions: ©Lorraine Lovejoy-Evans, MPT, DPT

### BACK TRUNK Stretch [BT]

**For: Headache, shoulder, neck and back** pain that worsens with bending forward such as sitting, bending forward, or lying on back with knees bent but improves with being straight, standing or bending backwards. This position helps treat rib pain that is worse with blowing air out forcefully. **Hold your core as you move into and out of these positions.**

If the pain is more on the left side of the back:

#### Movement Combination:



1. Drop right leg (opposite painful side) off bed.
2. Bring shoulders toward right hip.
3. Bring right ear toward right hip.
4. Turn chin/face to right.
5. Jut chin toward ceiling arching neck.
6. Lay left arm overhead.

If pain on right side of back - reverse position.



#### Alternate Treatment Position:

Lean back with head falling backwards, tilting ear and turning face away from RI-sore side-drop leg opposite painful side off chair.

#### Alternate Treatment Position:

Lay on side bend backwards bringing heels & head toward buttocks.

#### Alternate Treatment Position:

Stand about 10" away from the wall with one hip next to the wall and step forward with the other leg so feet are about 2 feet apart. (Photo shows wrong foot forward). Lean backward at hips. Rest hand on the wall tilting/sliding down the wall slightly to side bend in the trunk toward the wall. Place the other hand onto the wall

over the top of the body to help keep you supported and safe. Turn and look over the shoulder that is next to the wall. Bring top of head backward toward the buttocks. Make sure the spine is bending backward from the head to the tailbone. Repeat this to the opposite side-for 90 seconds each. Determine which order works best-finish with one that makes you feel the best.

*Stay in this position for 90 seconds and return to neutral very slowly. Repeat the movement test that was painful-for example if sitting was painful and is no longer painful this solved the problem. If not you will need to repeat the treatment position trying to change one of the motions until you find the perfect position to release the restricted joint. Once sitting and bending forward are no longer painful-you have released that restricted joint and now it can bend forward.*

Repeat each side in the morning and at night. Repeat any time that sitting or bending forward feels more painful again. OK to scan for potential RIs on the front with the hand that is resting.

