

Self-Testing stuck bent Forward vs backward · Loraine Lovejoy-Evans, MPT, DPT

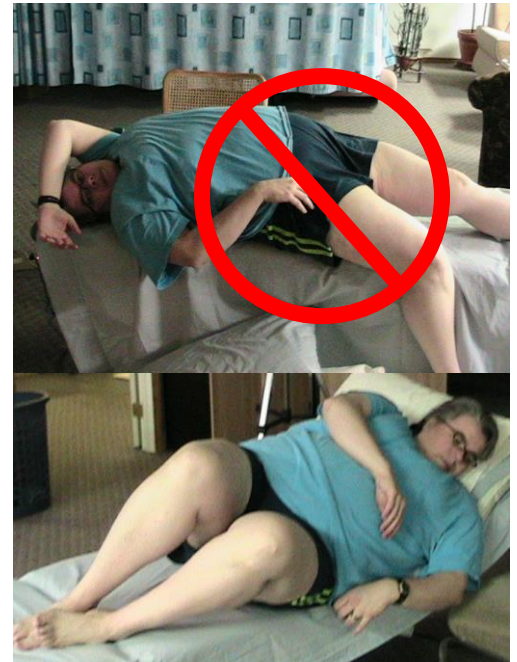
First thing in the morning and at night before sleeping and any time you note pain assess your spine's ability to move and tolerate different positions:

Aching pain that feels worse lying on your back with knees straight, standing, or bending backward and you are **better with knees bent**, sitting, or curling forward, this indicates you are being pulled forward into a bent position. Imagine a bow string pulling the bow into a forward bend. **Look for the RIs on the front** of the body and turn these off by doing the forward bending postures.

Make sure to move into and out of your treatment positions holding the core!!

After you have resolved the RIs on the front of the body then perform the backward stretching hanging foot off bed x 90 seconds to each side. Finally repeat the movement tests to determine if you have resolved the problem.

GOAL: NO pain with the knees bent or straight.



CONVERSELY: Easily localized or sharp / stabbing pain that is worse lying on your back with knees bent, sitting, or bending forward and this is **better with knees straight**, standing, or bending backward, this indicates you are being pulled into a **backward bend**. Imagine a bow string pulling the bow backward. Perform the backward stretching foot off bed x 90 seconds to each side. Immediately repeat the movement test of bending forward to determine if you released the joint that was pulling backward.



If it is still more painful to bend knee than it is to have knees straight, the joint did not get unlocked and will need to alter this stretch - i.e. try hanging the leg off the bed farther, or tilting the shoulders farther toward the hip. After you try this, repeat the movement test of bending the knees. Once you have no pain with the knees bent, this indicates that you have unlocked the joints pulling you backward. Now look for and treat the RIs on the front of the body.

Sometimes if you treat going one direction first, the opposite side of the body can flare so you will have to experiment with finding the right sequence for you.