

# Postural Side Bending

*To restore normal pelvic alignment with the lower back and legs*

Stand up straight, hands at your side, eyes to the front, head and shoulders back. Begin to bend slowly at the waist, sliding your hand down the outside of your leg. Be sure to bend your head and neck at the same time. Slowly stretch down, without bending forward. Make a mental note of how far down the leg your fingers reach.

Straighten up and repeat the procedure to the opposite side. Compare the distance your fingers reached down each leg and select the side that had the least flexibility. (Ex. A)

For illustration, the left side has the least flexibility.

Again standing erect with head and shoulders back, turn the left leg outward (externally rotate). You should be able to reach, or at least approach 90 degrees.

With the left leg rotated, slide the left foot until the heel reaches the arch of the right foot. You should have no problems standing in this posture. (Ex. B)

Now slowly bend at the waist toward the left side. Go slowly, bending your head and neck just as before. Slowly slide your hand down as far as possible. (Ex. C)

Hold for a count of five and return to an erect posture. Repeat two more times.

