



Bodhi Osteopathy

200-675 Pembina Hwy, Wpg, Mb. R3M 2L6
204-475-4424, www.mybodhi.ca, info@mybodhi.ca



Fulford Exercise 4

Sit in an upright chair with your thighs parallel to the floor and lower legs perpendicular to the floor. Bend forward with your arms between your legs (elbows on the inside of your knees). Now hold onto the bottoms of your feet with all your fingers under your arch with your palms facing away from one another. Your thumbs are over the top portion of your foot. Let your spine relax and fully stretch in this position. Then start to breathe slowly and fully into your low back and tailbone for five minutes. The goal of this exercise is to help keep the lower back more pliable. Best results when this exercise is done daily.

If you find this position too easy then you can modify by doing this exercise in standing. Note: If you have any sciatic type pain then omit this exercise as it could worsen the pain and that is the opposite of what this exercise is trying to achieve.