



# Bodhi Osteopathy

200-675 Pembina Hwy, Wpg, Mb. R3M 2L6  
204-475-4424, [www.mybodhi.ca](http://www.mybodhi.ca), [info@mybodhi.ca](mailto:info@mybodhi.ca)



## Fulford Exercise 3

Lay on the floor with your arms stretched out to your sides about shoulder height. Your left palm is facing up and your right palm is facing down. With both shoulder blades in contact with the floor, cross one leg over the other. Try to keep the crossed leg as extended or straight as possible (try to minimize bending the knee or hip) and allow this crossed over leg to rest where it wants. Breathe deeply while in this position and work your way up to 5 minutes. Then repeat the exercise on the opposite leg crossed over the body. According to Dr. Fulford the goal of this exercise is to stretch the muscles in the pelvis. It can be quite relieving for women who just gave birth or anyone with an aching back.

If any modification is needed (if this position causes any pain or you have a vulnerable low back) you may need to prop or bolster your crossed over foot on an elevated object.