

Lower Quarter Neural Progression

Columbia Rehabilitation

Proximal Sliding Dysfunction: Level 2b (position away, move toward)

Starting position:

- Sit up as shown, with your head in a comfortable position.



Movement:

- Bend your neck and upper trunk forward as shown.
- Move to the available range of motion, but not so far that symptoms are caused.



Repetitions _____
Sets _____
Hold Time _____
Comments:

Do not move so far that you feel any symptoms.

Do not hold the position like a stretch.

You should move continuously and very slowly, taking up to 5 seconds to complete 1 repetition.

This is a movement that is intended to improve the neural structure's tolerance to tension.

Form is very important. Do not perform any more repetitions if your form begins to breakdown.