

Lower Quarter Neural Progression

Columbia Rehabilitation

Proximal Sliding Dysfunction: Level 1 (position away, move away)

Starting position:

- Lay on your side with the painful side up.
- Your neck should be resting in a neutral position on a pillow.
- The hips and knees are bent to around 45 degrees.



Movement:

- Straighten the top leg by extending the knee.



Repetitions _____
Sets _____
Hold Time _____
Comments:

Do not move so far that symptoms are reproduced.

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.