

Lower Quarter Neural Progression

Columbia Rehabilitation

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

Starting position:

- Lay on your side with the painful side up.
- Your neck should be resting on a pillow in a position of extension as shown.
- The hips and knees are slightly bent.



Movement:

- Bring the head forward by flexing the neck.
- Go just to the first point of discomfort, no farther.



Repetitions _____
Sets _____
Hold Time _____
Comments:

If the discomfort does not go away as soon as you move out of the forward position, then you went too far.

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.