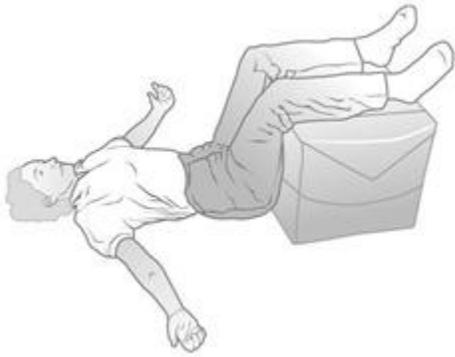


## The 4 Hour Body Reversing Injuries: The Egoscue Method

### I. Static Back Sets 1 | Reps 1 | Duration 0:05:00



#### Description

1. Lie on your back with your legs up over a block or chair.
2. Place your arms out to the sides at approximately 45 degrees from your body with palms up. Touch your thumbs to the floor.
3. Relax your upper back and ensure your lower back flattens to the floor evenly from left to right.
4. Hold this position for five minutes.

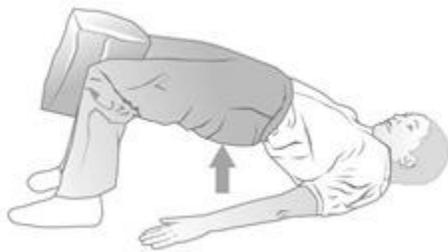
### II. Static Extension Position on Elbows Sets 1 | Reps 1 | Duration 0:01:00



#### Description

1. Start on the floor on your hands and knees, ensuring your higher joints are aligned (i.e., shoulders, elbows, and wrists in a straight line; hips directly above the knees).
2. Walk your hands forward about six inches, and then, noting placement of the hands, replace them with your elbows.
3. Make a light fist of each hand and pull them away from each other, pivoting on your elbows and turning the thumbs out.
4. Push your hips backward toward your heels to place an arch in your lower back.
5. Let your head drop down.
6. Hold for 60 seconds.

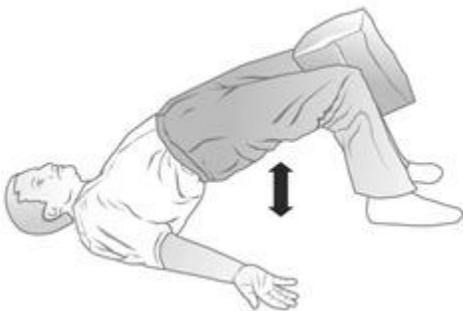
### III. Shoulder Bridge with Pillow Sets 1 | Reps 1 | Duration 0:01:00



#### Description

1. Lie on your back with your knees bent and your feet pointed straight ahead.
2. Place a pillow between your knees and apply a constant pressure inward while executing the exercise.
3. Relax your upper body and lift your hips and back up off the floor.
4. Hold in top position for one minute.

### IV. Active Bridges with Pillow Sets 3 | Reps 15 |



#### Description

1. Follow the instructions for the last exercise, but, instead of holding at the top of the movement, lift your hips as high as you can and slowly lower them back down. Keep the motion as smooth and continuous as possible.
2. Repeat 15 times for three total sets.

## V. Supine Groin Progressive in Tower Duration 25 minutes each side



### Description

1. Lie on the floor with one leg up over a block or chair, bent to 90 degrees (in the illustration, the right leg). Your arms should be out to your sides at 45 degrees, with palms facing up.
2. Place the other foot in the boot used with the tower.
3. Place your booted foot on the tower, starting at the lowest level and moving it up until an arch begins to form in your lower back. This is the level where you will complete your first 5 minutes.
4. Hold until your back is flat on the floor. Pay more attention to the flattening of your back than the specified time.
5. After 5 minutes, lower your foot one level on the tower and again hold.
6. Continue this until your leg is extended straight out on the lowest level.
7. Switch legs and repeat the entire sequence.

### Va. Alternative: Supine Groin on Chair

This is a far inferior version of the supine groin progressive, as it's not progressive, but it's more convenient.



### Description

1. Tie a sweatshirt or pair of sweatpants around a chair or door knob.
2. Set a small chair or table, approximately knee height, next to the set-up from step 1.
3. Suspend the heel of one leg in the sweatshirt or sweatpants and rest the other leg on the chair or table. Hold for 10 minutes.
4. Repeat on the opposite side.

## VI. Air Bench Sets 1 | Reps 1 | Duration 0:02:00



### Description

1. Stand with your back against a wall with feet and knees hip width apart. Feet point straight ahead.
  2. Walk your feet away from the wall while sliding your body down at the same time until your knees are bent at 90 degrees. Ensure your ankles are slightly ahead of your knees. Your lower back should be completely flat against the wall. Your arms can hang down to your sides, or you can rest your hands gently on your lap. Keep the weight in your heels and do not press forward on your toes.
  3. Hold for two minutes.
- ([www.egoscue.com](http://www.egoscue.com)) Twenty four clinic locations worldwide. The program is designed to treat musculoskeletal pain without drugs, surgery, or manipulation.