

Sedentary / Sitting Wedge

This exercise should be done for 3-5 minutes when sitting for an hour or more.

Keep a [foam wedge](#) or a folded blanket handy by your chair to use throughout the day.

This exercise changes the pressure on the spine and helps the entire nervous system with adaptability. It helps the pelvis support the lumbar spine. And shifts the fascia that may be causing a pull or a contraction down the spine.



Instructions for Using the Wedge

- The foam should be no more than 4 inches high on one side and 1 inch high on the other.
- Place the higher side of the wedge towards the back of the chair and sit on the wedge.
- Two pads should be used if body weight is more than 250 lbs.
- If your thermography report included a spinal image, it will show which side of the pelvis is lower. If that is not the case, do this exercise for no more than 5 minutes on each side.
- If one hip is lower than the other, twist the wedge forward 2 inches to the side that the hip is lower. (I.e. if the hip is lower on the right, twist the wedge 2 inches forward on the right side) If the individual is overweight a wedge is added to the side that the hip is lower one with the larger side facing away from the chair and the thinner side sitting in the middle of the chair.
- If the patient has tailbone pain, notch out a spot on the higher side of the wedge to accommodate the tailbone.

Intermittent Forced Correction

Walk with one shoe on and the other shoe off for 3-5 min three (3) times per day. The shoe you wear should have a heel height of approximately 1-1/4 inch. This exercise helps improve the patterns of pressure your body is experiencing while trying to compensate the structural integration of the musculoskeletal system. It helps your body change its tension pattern and become “unstuck”. Refer to your report for which foot should wear the elevated shoe.



To learn more about the Sedentary / Sitting Wedge or the Intermittent Forced Correction and to see these instructions demonstrated, view our video: <https://vimeo.com/32579339>

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