

XXIX. Back Pain or Sciatica? Getting Up from the Floor and Getting Down to the Floor

To get up from the floor or to get to the floor, one must be able to perform a proper lunge.

Getting down to the Floor

1. To perform a lunge, step forward with one leg and have the opposite knee dip down to the floor.



2. You may want to have a pillow to cushion the knee.



3. Your back is kept in the locked-in position the entire time.
4. Lower your remaining knee to the floor.



5. Take your hands and slide them down your thighs while keeping your back in locked-in position.



6. Place both hands on the floor so that you are now on all fours.



7. Extend one leg back while placing the hand of the same side forward.



8. Lower your pelvis to the floor, followed by your ribcage.



9. Roll on to your back using the log roll method. Your hips, pelvis, and ribcage should all be one unit.



Getting up from the Floor

1. Place one foot on the floor with your knee bent. Roll on to your straight leg using the log roll method. Your hips, pelvis, and ribcage should all be one unit.



2. From your side, keep your back in the locked-in position. Next, raise up on to the elbow that is closest to the floor. Use your upper arm to push yourself up on to the elbow closest to the floor.

3. Roll over and move on to the all fours position.



4. Keep your back straight and walk your hands back to your thighs.



5. Slide your hands up your thighs until your back and pelvis are completely upright.



6. Raise one leg and place yourself in the lunge position.



7. If need be, place both hands on the kneeling leg and push up to a standing position while keeping your back in the locked-in position.

