

Tool #13 Back Pain? Is your Back Crooked?

Does your back appear to be shifted or crooked to one side? (See Photo). Is this a relatively new development? We are not referring to scoliosis that you may have had for years. We are referring to a shift in your spine that may have started at or about the same time as your sciatica. If you do detect a shift, we will want you to first address that issue and it will be your first exercise.

- Look at yourself in the mirror to determine if you detect a shift. You may need a friend or loved one to look at you and verify.
- In our experience, a shift in the spine from a disc problem is relatively infrequent, but if you do have a shift you may need to correct it for treatment to be successful. If you do not have a shift move on to next exercise (press ups).



Straight Spine Shifted to Right

- Steps to correct a right shift
 - a. In a person with a right shift, shoulders and upper back appear shifted to the right as viewed in photo above.

- b. To correct, stand with right shoulder and right hip facing the wall. Stand approximately 12” to 18” away from the wall. Bend your right elbow to a 90-degree angle (right angle) and lay it flat against the wall. Now lean against the right arm with your body and allow your pelvis to sink towards the wall.



This will begin to correct the shift. Do not perform if it is painful. Watch our video on YouTube if you have trouble understanding how to do the shift.

- Steps to correct a left shift
 - a. In a person with a left shift, shoulders and upper back appear shifted to the left as viewed in photo A.
 - b. To correct, stand with left shoulder and left hip facing the wall. Stand approximately 12” to 18” away from the wall. Bend your left elbow to a 90-degree angle (right angle) and lie it flat against the wall. Now lean against the left arm with your body and allow your pelvis to sink towards the wall. This will begin to correct the shift. Do not perform if it is painful. Watch our video on YouTube if you have trouble understanding how to do the shift.

